

## Advertisement.

**T**He *Usefulness of this Book,* together with the good Reception that it hath found in the World, hath encouraged one to set out a Counterfeit Piece in imitation thereof, by the Title of **The English and French Cook**; It being only patched up by mangling and spoiling the approved Receipts of this Book, the Author himself being altogether ignorant of the very Terms of Cookery it self.

Caveat Emptor.

## THE French Cook,

Prescribing the way of making ready of all sorts of Meats, Fish and flesh, with the proper Sauce, either to procure Appetite, or to advance the power of Digestion: with the whole Skill of *Pastry-work*.

Together with about 200. excellent Receipts for the best sorts of

## POTTAGES.

Both in Lent, and out of Lent.

Also a Treatise of Conserves, both dry and liquid, after the best fashion.

### The Third Edition.

With an Addition of some choice Receipts grown in Use amongst the Nobility and Geniry, by a prime Artist of our own Nation.

Englished by J. D. G.

L O N D O N,

Printed for Thomas Dring, at the Harrow at Chancery Lane-end, and John Leigh, at the Blew Bell by Flying-Horse Court in Fleet-Street. 1672.



TO THE  
RIGHT HONOURABLE

*F O H N*

Earl of *T A N N E T*, &c.

My very good Lord.

*My Lord,*



F all the Cooks in the World, the French are esteem'd the best, and of all Cooks that ever *France* bred up, this may very well challenge the first place, as the neatest and compleatest that ever did attend the French Court and Armies. I have taught him to speak *English*, to the end that he may be able to wait in your Lordships Kitchen, and furnish your Table with several Sauces of *Haut Goust*, and with dainty *Ragousts*, and Sweet-meats, as yet hardly known in this Land. I hope your Honour will forgive my boldness of begging your Lordships Patronage, in his behalf; entreating your Honour to consider, that

## *The Epistle Dedicatory.*

having first set out his skill in *French*, under the protection of a *French* Marquess, he now as a stranger doth humbly crave to be sheltered under the lustre of your honourable name, that so with the more credit and confidence, he may impart his skill for the publick good, in teaching every body how to continue and prolong comfortably by a well relished Diet, the sweet marriage of Soul and Body. Besides, my Lord, your former commands are indeed the first and chief cause of my presuming thus far, esteeming it to be, a part of my duty, which will never be satisfied until some better occasion do furnish me with a more serious Subject, whereby I may let all the world know, that all my ambition is to deserve the glorious title of

Your Lordships most


humble Servant,

Du. Fresne.

TO THE

## R E A D E R.

Courteous Reader,

 Was desired by a Noble Knight to English this Book; besides, being solicited and intreated about the same, by many of my Friends, and persons of good quality, I have taken the pains to do it, as punctually and exactly as the matter could give me leave, endeavouring to make it intelligible for every body. As concerning some few words which are not Englished, they are words of things which are not in England, or some words of Art, which you will find explained in a Table set before the Book. I have had all the care possible to make it compleat and easie, to the end that it

## To the Reader.

*may be useful, not only for Noblemen and Gentlemen, but also for every private Family, even to the Husband-man or Labouring-man, wheresoever the English Tongue is, or may be used. If you do accept of it for your own use, as kindly, as I do give it heartily to the publick, I am fully satisfied for all my Labours, wishing that you and I may long enjoy the comfortable refreshments therein. Farewell,*

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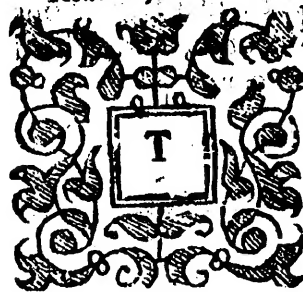
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THE



## THE BOOKSELLERS TO THE READER:

*Reader,*



His Book, what with the Eminency of the Author in the Art of Cookery, and the excellency and usefulness of the Work it self, gained so great Applause and Reputation, not only in the Court and Kingdom of *France*, but here in *England* too, that it became the business and concernment of several persons of quality to get it translated into *English*; which so soon as done, was so well received, that



## To the Reader.

two considerable Impressions were sold of them; which made us (having met with many things worthy to be inserted) undertake the Reprinting it, which we have done with very considerable and useful Additions. And we hope it will the rather meet with a favourable reception, since no Author yet hath so fully described this way of Cookery: for you will hence find directions not only for the making all sorts of Pottages and Pies, whether of Fish or Flesh; but likewise for making of all sorts of Sauces and Pallatable Dishes vvhathsoever, used either in France, or the Tables of the Nobility here, together vvith Directions for serving up First, Second, and Third Courses for the vvhole Year.

An



## An Alphabetical Table for the explaining of the hard and strange words contained in this Book.

A

Abbatis, or Abatis.

They are the pates of any beast, viz. the feet, the ears, the tongue, &c. They are also the giblets of any fowl, viz. the neck, wings, feet, gizzard, liver, &c.

Andovilles,

They are the great guts of pork or beef, filled up with thin slices of tender meat; or small guts of pork, well seasoned with pepper, salt, fine herbs, &c. Some do call them Chitterlings.

Andovillettes.

They are balls or roundish small pieces of minced flesh well seasoned.

Aricot, or Haricot.

It is mutton sod, with a few turnips, some wine, and tofts crumbled among; it is also made of small pieces of mutton, first a little sodden, then fried in seam with sliced onions, and lastly boiled in broth with parsley, isop, and sage. And in another fashion, of livers boiled in a pipkin with sliced onions and lard, verjuice, red wine, and vinegar, and served up with tofts, small spices, and sometimes chopped herbs.

B

Blanch, to scald, parboil, or plum up.

Beauilles.

They are all kinds of ingredients, that may be fancied.

## A T A B L E.

*fancied, for to be put together into a pie, or otherwise, viz. Cocks-combs, stones or kidneys, sweet-breads of veal, mushrooms, bottoms of artichokes, &c.*

Beatilles of Pullers.

*They are the giblets.*

Bard.

*It is a sheet of lard or bacon.*

Barbillons.

*They are the second skin of the pallats of beef.*

Brignols.

*They are a kind of plumbs which grow beyond-sea.*

C

Cervelats.

*They are a kind of great sancidges made beyond-Sea.*

Cardes.

Cardons.

Cardeaux.

*They are the ribs of beets, of artichokes, and such like.*

Chapiteau.

*It is any work set over the lid of a pie.*

Coquemare.

*It is a long brasen pot.*

Cornet.

*It is a coffin of paper, such as the grossers do put and wrap fruit, or spices in.*

To endore.

*It is to wet, or daub with some liquor, as one doth a pie or cake before it be put in the Oven.*

F

Fleurons.

*They are small pieces of puff-paste fried.*

Fricassee.

*It is a frying with a sauce.*

Farce.

## A T A B L E.

Farce.

*It is any thing made up for to stuff any meat with.*

To farce.

*It is to stuff, or fill up any meat.*

G

Gaudiveaux.

*They are forced meat of veal, that is, meat of veal minced, seasoned and wrought into small long pieces like chitterlings.*

H

Hach.

*It is minced meat.*

L

Lard.

*It is fat bacon.*

Lardons.

*They are small long slices of lard.*

To lard

*It is to stick any meat with slices of lard.*

Mean Lard.

*They are slices of lard of a middle-size.*

Great Lard.

*They are big slices of lard.*

Litron.

*It is a measure of one pint, or a little more.*

Legumes.

*They are all kinds of pot-herbs, as also any fruit growing in a garden, as cucumbers, artichokes, cabbage, melons, pumpkins, &c.*

M

Morilles.

*They are a kind of excellent small red mushrooms.*

P

# A T A B L E

## P

### Pignons.

*They are pine-apple kernels.*

*To pass in the pan.*

*It is to fry a little, or to parboil in the frying-pan.*

## R

### Ragoust.

*It is a sauce or meat prepared with a haut goust, or quick or sharp taste.*

### Ramequin.

*It is a kind of toste.*

## T

### Trouffles, or Truffles.

*They are a kind of mushroom.*

### Tourte.

*It is a kind of a great cake.*

### A Tourte-pan.

*It is a pan made of purpose to bake a tourte.*

# T H E

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*The manner of making the broth for the feeding of all Pots, be it of Pottage, first course or intercourse (middle service.)*



Take knuckles of beef, the hinder part of the rump, a little mutton, and some hens (according to the quantity of broth that you will have) put in meat proportionably, seeth it well with a bundle of parslly, young onions, and thyme tied together, and a few cloves, large mace, and some beaten cinamon, keeping alwaies some warm water ready to fill up the pot again. Then, after all is well sodden, you shall strain them through a napkin for your use. And as for Roasted meat, after that you have taken the juice out of it, you shall set it to boil with a bundle of herbs, as above-said; seeth it well, then strain it, for to make use of it at your first courses, or for brown pottages.

*How to make all kinds of Pottage.*

*1. Bisque of young Pigeons.*

Take young Pigeons; cleanse them well, and truss them up, which you shall do by making a

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hole



## The French Cook.

hole with a knife below the stomach, and thrusting the legs through it; whiten them, that is, put them into the pot with hot water, (or with pot-broth, and cover them well; then put them in the pot with a small bundle of fine herbs, with an Onion or two peeled and put in whole, a few blades of large Mace, and fill up your pot with the best of your broths, have a special care that it may not become black; then dry your bread, and stowe it in the Pigeon-broth; then take it up after it is well seasoned with salt, pepper and cloves, garnished with the young pigeons, cocks-combes, sweet-breads of veal, mushrooms, mutton juice, and pistaches; serve it up, and garnish the brims of the dish with slices of lemon, and barberries.

### 2. Pigeons otherwayes.

Take Pigeons, and when you have farled and boned them, fry them in butter or minced lard, and put to them broth, pepper, nutmeg sliced, ginger, cinnamon beaten, Coriander-seed, raisins of the sun, currans, with vinegar; and serve them with this sauce, being first steeped in it four or five hours, and well stewed down. In Summer, you may use damfins, sweet herbs, chopped grapes, bacon in slices, white-wine.

### 3. Pottage for Heales.

Take Capons, cleanse them well, truss them up, and put them in the pot with broth, and cover them, lest the broth do wax black; season them with salt, a little whole pepper, beaten cinnamon, beaten cloves and mace, and seeth them well with store of good herbs (in winter, with succory;) then take up and garnish with your herbs, viz. with carduus, rub the bottom of your dish with a clove

of

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of garlick, and parslie roots or succory, and scalded grapes or carved turnips; and serve.

### 4. Pottage of Partridges with Coleworts.

Cleanse them well, lard them with great lard, truss them, and put them in the pot with good broth; put also your coleworts in the pot with your partridges; after they are sodden, you shall pass into it a little melted lard, and season them with cloves and pepper, and salt, and some mace; then stowe or soak your crusts, garnish them with sweet-breads of veal, or with sausages, if you have any, and lemon, and salt on the dish sides; then serve.

### 5. Pottage of Ducks and Turnips.

Cleanse them, lard them with great lard, then pass them in the pan with fresh seam or melted lard; or else roast them on the spit three or four turns, then put them in the pot; and take your turnips, cut them as you will, whiten them, flower them and pass them in fresh seam or lard, untill they be very brown; put them in your Ducks, seeth all well, and stowe or soak your bread well, to the end that your pottage be thickened; If you have capers you shall mix some with it, or a little vinegar; take up, and garnish with turnips; then serve.

### 6. Pottage of Ducks otherwayes.

Take Ducks and lard them, put them on the spit and half roast them; then drane them, and put them into a pipkin, and put a quart of claret-wine into it, with chesnuts and a pint of oysters bearded, and three onions minced very small, some mace and a little beaten ginger, cumin, a little tyme stript, a crust of a french rowl grated to

B 2

thicken

## The French Cook.

thicken it; and so dish it up on sops, with strong broth.

### 7. *Pottage of Pullets garnisht with Sparagus.*

After they are well trussed up, whiten them well, and put them in the pot with a sheet of lard over them; fill your pot with your best broth, and season them with salt and a little pepper, some cinnamon, beaten cloves and mace, a whole onion peeled, and a bunch of sweet herbs, and let them not seeth too much; dry your bread and stove or soak it, and garnish it with your pullets, with sparagus fryed and broken, mushrooms, combs, or the giblets of your pullets, with a few pistaches and juice of mutton, and garnish the brim of your dish with lemon; then serve.

### 8. *An excellent Pottage or Broth for a sick Body.*

Take a good fleshy Capon, take the flesh from the bones, or chop it into small pieces, and not wash it; then put it into a rose-still, with slices of lemon-peel, wood-sorrel, with other herbs appointed by the Physician; being distilled, give it to the weak party to drink.

### 9. *Pottage of Stoved Partridges.*

When your Partridges are well trussed up, lard them with great lard; and whiten them, then put them in the pot; seeth them well, and season them with salt, then put in your bread and stove or soak it; garnish your pottage with it, and with mushrooms, boil them a little on the fire, putting therein some white-almond broth and some mutton juice, pistaches and lemon; then serve.

### 10. *Pottage of Quelckehoses, or Liverings.*

Take a fillet of Veal, cut it very thin, stuff it very well, and cause it to take colour in a tour-pan

## The French Cook.

pan, or between two dishes; put the slices thereof into a small pot with some of the best broth; season them, soak your bread, and garnish it with your liverings, mushrooms, sparagus, mutton-juice, pistaches, if you will, or lemon; then serve.

### 11. *Pottage de Chine, or an excellent China Broth.*

Take an ounce of China thin sliced, put it in a pipkin of fair water, with a little Veal or Chicken stopped close; let it stand four and twenty hours on the embers, but not boil; then put to it colts-foot, scabious, maiden-hair, violet leaves half an handful, candid eringo and two or three marsh mallows; boil them on a soft fire till the third part be wasted: then put in a crust of manchet, a little mace, raisins of the Sun stoned, and let it boil; then take it off and keep it for a months use.

### 12. *Pottage of Stoved Quails.*

After they are trussed up and whitened, flower them, and pass them with lard on fresh sear, then put them in the pot, seeth them well, and season them with salt; soak your bread, and garnish it with your quails; with mushrooms, combs, lemon, and pistaches; then serve.

### 13. *Pottage of Wood-Pigeons garnished.*

Take wood-pigeons, or other big pigeons, whiten, and lard them with middle-sized lard, then put them in the pot, and seeth them well with seasoning of salt, and a sprig of time, pepper whole, a little beaten ginger and some large mace; soak your bread, then garnish it with your pigeons, bottoms of Hartichokes, and sparagus; then serve.

### 14. *Pottage of small Vails.*

Take four or six small loaves, take out of them

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them all the crumb through a small hole made at the top; take off the top and dry it with the bread; fry them with fresh sear or lard; then soak your bread with your best broth, and sprinkle it with almond-broth; then put your loaves to garnish your pottage, and fill them with combs, sweet-breads of veal, giblets, mushrooms, and cover them; put some broth therein, until the bread be soaked; before you serve, pour on it some juice and what you have; then serve.

### 15. The Queens Pottage.

Take Almonds, beat them, and boil them with good broth, a bundle of herbs, and a piece of the inside of a lemon, a few crumbs of bread; then season them with salt, have a care they burn not, stir them often, and strain them. Then take your bread and soak it with your best broth, which you shall make thus. When you have taken the bones out of some roasted Partridge or Capon, take the bones and beat them well in a mortar, then take some good broth, seeth all these bones with a few mushrooms, and strain all through a linnen cloth, and with this broth soak your bread, and as it doth soak besprinkle it with almond-broth, and with juice; then put into it a little of some very small minced meat, be it of partridge or capon, and always as it doth soak, put in it some almond broth untill it be full; then take the fire shovel red hot, and hold it over it. Garnish your pottage with cocks-combs, pistaches, granats, and juice; then serve.

### 16. Princes's Pottage.

Take of the same broth as that of the Queens pottage, taken out of roasted bones, soak a loaf of bread

## The French Cook.

bread with the crust, and after a small hash of partridges, which you shall strew upon your bread, so thin as it may not appear, soak it and fill it by little and little, garnish it with the smallest mushrooms, combs, kidneys, pistaches, lemon, and much juice; then serve.

### 17. Jacobin's Pottage.

To make it well, take Capons or Partridges, roast them, take out the bones, and mince the brawn of them very small; take also the bones of them, break them, and seeth them with broth in an earthen pot with a bundle of herbs, then strain them through a linnen cloth, soak your bread, lay it on a bed of flesh, or of cheese, if you will a bed of almond-broth, and boil it well, and fill it by degrees; then garnish it with the small ends of wings, without bones at one end; take three Eggs, with a little Almond-broth (if you have any) or other broth, beat them together, and pour them on your pottage, hold the fire-shovel over it; then serve.

### 18. Pottage of Cockerels.

Dress and whiten them, steeping them a while in fresh water, or in broth, then put them in the pot with some other broth well seasoned with salt: Take up, and garnish them with all that you have remaining of garnish upon a loaf soaked; and serve.

### 19. Pottage of Teales with Hypocraft.

Take Teals, dress and cleanse them well, whiten them as abovesaid, and being stuffed within with some lard, fry them a little with lard, or fresh sear, then put them in the pot; when they are almost sodden, you shall through in some plumbs,

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with a piece of Sugar, and shall garnish your pottage with the Teals and Plumbs.

### 20. *Pottage of Larks.*

Take Larks and draw them, whiten them, flower them, and pass them in the pan with butter, lard or fresh seain, untill they be very brown; then put them in the pot with good broth, and a bundle of herbs, and boil them, soak a loaf well, which you shall garnish with your Larks, Beef pallats, Mutton-juice and Lemon; then serve.

### 21. *Pottage of young Pigeons.*

Take young Pigeons, scald them well, and put them in the pot with good broth and a bundle of herbs; boil them well with a sheet of lard, then take them out upon a soaked loaf, and garnish them with Hartichokes and Sparagus fried, green Pease or Lettice; then serve.

### 22. *Pottage of Teale with the juice of Turnips.*

Take Teales and roast them, then put them in the pot with good broth; next take some turnips, whiten them, flower them, and pass them in the pan, so that they be very brown, put them with your Teale and seeth them together, and when you will take up, strain the turnips through a linnen cloth, for to take out the juice of them, wherewith you shall garnish your pottage, together with your Teale, and with Pomgranates; then serve.

### 23. *Pottage of Beatills.*

Take your Beatills, scald them well, pass them in the pan as a Fricas of Pullets, put them in the pot with good broth, and let them stew well, soak a loaf, which you shall garnish with your Beatills,

## The French Cook.

Beatills, with much juice of Mutton and Rams kidneys, then serve.

### 24. *Pottage of Pullets with Colliflowers.*

Put them in a pot with good broth, seeth them with a bundle of herbs, and season them well with salt, clove, pepper; and grate a little nutmeg, or crust of bread, when you are ready to serve, garnish therewith your loaf soaked with Colliflowers and Mutton juice; and serve.

### 25. *Pottage of Pullets in Ragoust.*

When they are roasted, cut them into quarters, then put them between two dishes after the manner of a Ragoust, with some broth from the pot; soak your bread in crust, and garnish it with your Pullets, putting about a few Mushrooms and Sparagus; then serve.

### 26. *Pottage of young Pigeons roasted.*

Put them in the pot with good broth well seasoned with salt and clove, seeth them; then soak your crusts, and garnish them with your pigeons, and what you shall have to put in it; have a care that your pottage be brown, then serve.

### 27. *Pottage of a Goose with Cabbage and Sausages.*

Take your Goose and salt it two days, then truss it and lard the breast thereof, season your lard with pepper, mace and salt, and put it a boiling in beef broth (if it may be) otherwise water, season your liquor with salt, pepper grossly beaten, a bundle of Bay-leaves, Rosemary and Tyme; your Cabbage being boild tender, drain the water from them, and put them in a pipkin with Claret, Onions, and Anchovies stewed a while with Mace; then dish

dish up your Goose on the top of your Cabbage and Cabbage on top of it, with store of broth.

28. *Pottage of Green-Goose with Pease-broth.*

Take Green-Geese, or any thing else as you will, put them in the pot and seeth them well; then take your pease and seeth them well; then pass them through a very fine strainer, and put your pease-broth into a pot with a bundle of herbs, pass a little lard in the pan, and when it is melted, throw it into the pot, and when you will serve, soak your bread with your Geese-broth, then pour your pease-broth over it; which to make green, you must not let your pease seeth outright, but when they are half sodden, stamp them in a mortar, and strain them with good broth; or if it is in winter, take Beets or Sorrel, stamp and strain it, and pour the juice about your pottage when you are ready to serve.

29. *Pottage of Goose-giblets.*

Whiten them well, and put them in the pot with broth, a bundle of herbs and a sheet of lard; seeth them well, so that being sodden they may show white; soak your bread and garnish it with your giblets, which you shall whiten if you will, and put on them a few minced capers; then serve.

30. *Pottage of green Geese with Pease.*

Put your green Geese in a pot with broth, after you have prepared and whitened them well; boil and season them well. Frie your pease a little in the pan, then put them into a small pot with a little broth, and when they are well sodden, soak your bread, and garnish it with your Geese and their Giblets, and with your pease whole or strained; then serve, garnished with Lettice.

31. *Pottage*

31. *Pottage of powdered Goose with Pease-broth.*

Your Goose being well powdered, and cut into four quarters, if it be too much saked, water it, then lard it with great lard, and seeth it well; when your pease are sod, strain them through a strainer as pease-broth, and season it well according to your palate; boil your Goose a very little in this pease-broth, soak your bread with other broth (if you have any) in another pot, and over the pease-broth you shall pour a little mutton juice for to marble it; then serve.

32. *Pottage of Pullets with grain Pease.*

After your Pullets are well scalded and trussed up, put them in the pot with good broth; and scum them well: then pass your pease in the pan with butter or lard, and soak them with some Lettice whitened, that is, which you have steeped in fresh water; soak your bread, and then garnish it with your Pullet, Pease, and Lettice; then serve.

33. *Pottage of Pigeons with green pease.*

It is made like that of Pullets, but that if you will, you need not strain your Pease into Pease-broth.

34. *Pottage of salt meat with pease.*

Seeth well your salt meat, be it Pork, or Goose or any other; take it up and pour your Pease-broth over it; then serve.

35. *Pottage of young Rabbits.*

When they are steyed, parboil them, and pass them in the pan with butter or lard; then put them in the pot with good broth, and a bundle of herbs, and seeth them as it is fitting; soak well your bread and garnish it with your young Rab-

bit,

lets, Mushrooms and Truffles, and with what you have; then serve.

### 36. *Pottage of Purtenances of Lambs.*

After your Purtenances are well whitened, put them in the pot with good broth, a bundle of herbs, and a sheet of fat Lard or Bacon, seeth them well, and soak your bread, and when you are ready to serve, pour white broth over it.

### 37. *Lambs Head in white Broth.*

Take a Lambs head, cleave it, and take out the brains, open the pipes of the Purtenances, then wash and soak the meat very clean, then boil and scum it, and put in some large Mace, whole Cinnamon, slic't Dates, some Marrow and Salt; and when the head is boild, dish it up on fine carved sippets, and trim the dish by scraping Sugar, then strain half a dozen yolks of Eggs in white-wine, with a Ladle full of Cream put into the broth, and give it a walm on the fire; then dish up the Head in the broth with slic't Lemon thereon.

### 38. *White Broth.*

Take a pint of strong broth from the boiling of your Purtenances, a pint of Sack, a quart of white-wine, and put them into a pipkin together with a dozen of Dates cut in halves, prunelloes, some whole, or Cinnamon, Ginger, Cloves and Mace, and half a pound of white Sugar, with the marrow of two or three bones, let these boil till the marrow be enough, then take it from the fire and thicken it with the yolks of Eggs being very well beaten and strained through a clean cloth, then garnish it with Lettice, Succets, candid Lemon, and Wafers; and then serve it.

39. Pot-

### 39. *Pottage of Larks with a sweet Sauce.*

Plume, pull and draw them, then flower them, pass them in the pan with lard or fresh searn, then put them in the pot with good broth, half a pint of white wine, and half a pound of Sugar, and seeth them well, soak your bread, garnish it with your Larks, and serve.

### 40. *Pottage of Veal otherwayes.*

Take a Leg of Veal, and cut it into several pieces, and boil it in three quarts of fair water with a faggot of sweet herbs; then put in three Chickens, with some Salt and Mace scalded, then have all manner of sweet herbs, pick them well and bruise them a little before you dress up your boiled meat, put them in and give them a walm or two; being enough, dish them up on sippets of french bread, pouring on the broth with the herbs, garnishing the dish with Barberries and Lemon.

### 41. *Pottage of Knuckle of Veal.*

Put your Knuckle of Veal in the pot with good broth, seeth and skim it well, put therein some white Succorie; soak your bread, garnish it with the Knuckle, Succorie and Mushrooms; then serve.

### 42. *Pottage of a Breast of Veal.*

Blanch it in fresh water, then put it in the pot with good broth, seeth it, and put therein some good herbs, and a few Capers and Sampire, and all being well seasoned, take up your soaked bread; then serve.

### 43. *Pottage of Mavis, or Thrushes.*

Truss them up, and draw them, then flower them, and pass them in the pan with butter or lard,



lard, then put them in the pot with good broth, and seeth them well with a bundle of herbs; soak your bread, and garnish it with your Thrushes, Beef-pallars, and Mushrooms; then serve.

#### 44. Potage of Tortoise.

Take your Tortoises, cut off the head, and boil them in water, and when they are near boild, put a little white wine therein; some fine herbs, and some lard; when they are boiled, take them out of the shell, and take out the Gall, cut them into pieces, and pass them in the pan with good Butter, some beaten Cinnamon, beaten Nutmeg, a little Ginger, and a little Salt; then stew them in a dish, as also your bread with some of your broth, garnish it with your Tortoises well seasoned, with Sparagus cut, with juice, and with lemon; then serve.

#### 45. Potage of sucking Pig.

After you have scalded it neatly, cut it into five pieces, blanch them in some broth or fresh water, and put them into the pot with good broth, put some fine herbs to it, and a piece of lard, but have a care they do not boil dry; soak your bread, and garnish it with your Pig, the head in the midst of the quarters, and the purtenance round about the dish; then serve.

#### 49. Potage of mince'd Mutton.

Take a Leg of Mutton, mince it with Beef suet, season it with some beaten nutmeg, a little pepper and some salt, and stew it in a pot; soak also your bread in a dish with the best of your broths; After this, garnish it with your mince'd meat, together with juice, corbs, beatilles filled with dry bread, otherwise with pieces of bread of the length and bigness of a finger, in the shape of Lardons, which you

you shall pass in the pan with good butter, untill they be brown, and as it were toasted; and soak it well also; then serve.

#### 47. Potage of Knuckle of Beef.

Stew it well in a pot, untill it be almost boiled to pieces, and well seasoned with a bundle of herbs, Cloves, Capers, Sampire, Mushrooms, Truffles; then soak your bread, and garnish it with your Knuckle, and its implements.

#### 48. Potage of Capon with Rice.

Take a Capon, draw it well, and put it in the pot with good broth well seasoned, take your Rice well pickt, wash and dry it before the fire; then seeth it by degrees with good broth; soak your bread; put your Capon upon it, and garnish it with your Rice; if you will, you may put some saffron to it; and serve.

#### 49. Potage of Pullots with Rice.

It is made after the same way as the Capon; truss them up; put them in the pot, and season them alike; make your Rice ready the same way; your bread being soaked and garnished as above said, serve.

#### 50. Potage of Knuckle of Beef with Tailladins.

Blanch your Knuckle, seeth and season it well, and with the broth seeth also your Tailladins; you shall put it with an onion. Stuck with cloves, and a little thyme; then soak your bread, and garnish it with the Knuckle and with your Tailladins, which are pieces of bread of the length and bigness of one finger, passed and fried in the pan with butter, or lard, as aforesaid in the 38 Article; if you will, you may put some Saffron in it; then serve.

Capon

Capon with Tailladin, and all other meat is done the same way, and being made ready thus, it shall be called such meat with Tailladin.

51. *Pottage of the Boyler, or great Pot.*

Soak some crusts of brown bread with some good broth out of your boyler, great pot, or beef pot, seasoned with pepper, salt, a little mince'd parsley, some beaten cinnamon, whole mace, winter savory and time; then serve. The first cuttings of loaves boiled are served in like manner, without parsley or pepper if you will.

52. *Pottage of a Calfs Head fry'd.*

When it is sodden, take out the bones, and cut it into as many pieces as you will, then cut a few Oysters either pickled or raw into small pieces, and mix them with your meat, then season them with a little pepper, nutmeg and salt; then flower it and fry it with butter or lard, then soak your bread and garnish it with what you have fry'd; serve the dish well filled and garnished with mushrooms, pomgranats, or sliced lemons, juice of lemons or capers.

53. *Pottage of Mutton Chines.*

Take a Chine of Mutton, and boil it in a glazed pipkin, well scum'd, put in a faggot of sweet herbs, as Tyme, Parsley, &c. and put there with some Carrots cut like small Dice, some Raisins, Prunes, Marigold-flowers and Salt, and being finely boiled; serve it on sippets, garnishing your dish with Raisins, Mace, Prunes, Marigold-flowers, Carrots, Lemons, and broiled Marrow.

For Varietie sake, leave out Carrots and Fruit.

54. Pot-

54. *Pottage of fried Mutton with Turnips.*

Take the upper ends of Breasts of Mutton, fry them, and seeth them well, untill they be fit to receive the turnips, which after you have cut them into slices or pieces, and also well fried, you shall put with your Mutton well seasoned with cloves, pepper, nutmeg, a blade or two of large mace, an onion peeled and put in whole, salt and a bundle of herbs; soak your bread, and take up; if your pottage be not thick enough, put a little flower into the broth for to thicken it; and mix with it some white pepper and vinegar; then serve.

55. *Barley Pottage.*

Boil the Barley in two waters, and put it to a knuckle of Veal, and to the broth salt, raisins, a faggot of sweet herbs, as tyme, parsley, marjoram, pennyroyal, &c. with large mace, and the quantity of a manchet slic'd together; and so serve it up.

56. *Pottage of Knuckles of Shoulders with Ragonst.*

When your handles or knuckles are blanch'd in fresh water, flower them and pass them in the pan with butter or lard, seeth them in an earthen pan with all the implements which can abide seething, as sparagus, mushrooms, truffles; soak your bread or crusts with good broth, and garnish it with your handles or knuckles, sparagus, mushrooms, and all what you have; then serve.

57. *Pottage of roasted Woodcocks.*

After they are roasted, put them in the pot with good broth and a bundle of herbs, and seeth them well; then soak your bread, and

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garnish



garnish it with your Woodcocks, and all what you have; then serve.

You may also make it in the same manner as of marbled partridge.

### 58. *Half a Bisque.*

Take Pigeons somewhat big, open them, and seeth them as the Bisque, whereof you will easily find the making, if you have recourse to the table; garnish and season them also the same way, so that it may be as good as the Bisque, if you can; then serve.

### 59. *Jacobin's Pottage with Cheese.*

Take a Capon garnished with his bones fitted, as wings and legs, and some cheese, whereof you shall make as many beads as of flesh, and you shall besprinkle all with almond-broath, if you can; If it be not thick enough, beat in it two or three Eggs, and give it colour with the fire-shovel. Now to make your broath the better, stamp the bones, and boil them with the best of your broaths, well seasoned; soak your bread, which you may garnish with pistaches, lemons or pomgranats; then serve.

## 2. *How to make farced Pottages.*

### 1. *Pottage of Capons farced.*

**A**fter they are well prepared, take out the bones at the neck, and fill them up with all kind of beatilles, as young pigeons; the flesh of capon well minced with beef-suet, and when they are well seasoned and trussed up, put them  
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in the pot with good broath, seeth them, and soak your bread, which you shall garnish with your Capons, and all sorts of Beatills; and serve.

### 2. *Pottage of farced Cockerels without bones.*

After they are prepared, take out the stomach bone, fill them up with *godiveaux*, which you shall make with the flesh of Veal minced with the raw yolks of Eggs, chibbals, parsley, pepper, or spices according to your tast, all seasoned with salt, and after they are trussed up and whitened, put them in the pot, and garnish them with good seasoning, soak them well, take up, and garnish with what you have; and serve.

### 3. *Pottage of Pullets farced.*

When they are well dressed, whiten them in fresh water, take up the skin of them with the finger, and fill them with a farce made of veal or brawn of capon, with suet and yolks of eggs, all well minced and mixt together, seasoned with a little pepper, beaten nutmeg, beaten cloves and mace, cinnamon, and salt; truss them up, and put them in the pot with good broath, soak your bread, garnish it with your pullets, harti-choke bottoms, and Sparagus; then serve.

### 4. *Pottage of Capon: Leg of Beef marrow bones, and Knuckle of Veal.*

Take a Capon, a Knuckle of Veal, two marrow-bones, and boil them in fair water, scum them, and put in a faggot of sweet herbs, large mace, whole cinnamon, and ginger bruised; then beat some Oatmeal, strain it, and put it in; then have boiled prunes and currans strained also, and put them in with some whole raisins,  
C 1 about

about half an hour before you dish your meat, put in a point of Claret-wine and Sugar; then dish up your meat on sippets and broth.

*Otherwayes.*

Take two joints of Mutton, Rack and Loin, being half boil'd and scum'd; take up your Mutton and wash away its dregs, strain the broth, and blow off the fat; then put to the broth in a Pipkin a bundle of sweet herbs tyed hard, and some mace; and boil in it also a pound of raisins of the Sun, being strain'd, a pound of prunes with cloves, pepper, saffron, salt, claret and sugar; stew all well together, then put in your meat, and giving it a walm or two; dish it up.

5. *Pottage of young Pigeons farced.*

After they are well scalded, and prepared, the skin taken up, and filled as the pullets; blanch them in fresh water, and put them in the pot with good broth, seeth them proportionably, and season them with a sheet of lard, then soak your bread, and garnish it with your pigeons with their livers and wings, the juice of a leg of mutton roasted; and serve.

6. *Pottage of Ducks farced.*

Take out the bones at the neck, fill them up with all the good things you have, as young pigeons, mushrooms, sweet-breads, and other like; make your farce of a lean piece of fresh pork, minced with raw yolks of eggs, parsley, chibbals, pepper, or such spice as you like best; sow your Ducks up again, blanch them in fresh water, and put them in the pot with good broth, seeth and season them well; temper a little flower with broth to thicken your pottage; then soak your bread,

bread, and garnish it with your ducks, and all what you have; then serve.

7. *Pottage of legs of Veal farced.*

Cut these legs as far as the loin, take up the skin of them very neatly, and truss up the end of the handle or knuckle, then steep them in fresh water, take the flesh of them and take out the sinews, mince it with beef or mutton-suet, lard, yolks of eggs, and fine herbs, when all is well minced and seasoned, fill them, and put them in the pot with good broth; boil them, and put in some herbs according to the season, or a little white Succory; soak your bread, and garnish it with these legs, which you shall blanch, with yolks of eggs, and verjuice if you will; then serve.

8. *Pottage of a farced breast of Veal.*

Take a breast of Veal, open it at the nether end, make a farce with a little meat and suet, the crumb of a loaf, and all kind of good herbs, mince and season all; blanch this breast, and put it in the pot with good broth; seeth it with capers, Succory or herbs minced, soak your bread, garnish it if you will; and serve.

9. *Pottage of a Calves Head without bones.*

After it is well scalded, take off the skin thereof, seeth it, and when it is sodden, take out the bones, take out the brains and the eyes, for to set them in their place again; Mince well the flesh with beef-suet or marrow, and raw yolks of eggs for to thicken the farce, then set the brains and the eyes in their place again; when it is farced, sow it neatly up, blanch it well in fresh water, and put it in the pot with good broth; seeth it well, and next, take some Calfs-feet, and

pass them in Ragoust, parboil them in water, cleave them in the middle, and pass them in the pan with butter or lard, put them into your pot with some Capers: then soak your bread; garnish it with this Head and Feet, with the Capers, and serve.

10. *Pottage of Lambs heads without bones farced.*

Do as with the Calves-head; after they are well scalded, take up the skin, seeth them, and when they are sodden, take the meat of them, and mince it with suet and lard, well seasoned according to your liking; Farce them with a piece of liver, and of lights of Lamb, Beef-suet or Marrow, raw yolks of Eggs, parsley and fine herbs; all well minced together, blanch it, then put them in the pot with good broth; Seeth them well, and season them with fine herbs; soak your bread, and garnish it with the Heads and purtenances, which you shall blanch if you will with yolks of eggs tempered with verjuice; and serve.

11. *Pottage of a Leg of Mutton farced.*

Take a Leg or two of Mutton, take out the bones, and mince the flesh very small with suet and lard; then farce the skin with it, and sew it up very neatly, so that the end of the knuckle be very clean, and all well seasoned with salt and spice, according to your taste; put it in the pot, and seeth it well with a bundle of herbs, Capers, and Turnips; soak your bread, take up, and garnish it with your Turnips; then serve.

*Or you may farce a Leg of Mutton thus.*

Take a Leg of Mutton, and raise up the skin very neatly, and take out the flesh, then mince it

it with beef-suet and sweet herbs, and spinage, and two penny-worth of grated bread very fine; then season it with a little pepper, nutmeg, cloves and mace, and salt; then put to it some currans very well washed and pickt from stones and grayel; then put to it half a pound of Sugar, then break in eggs enough to bind it; then make up and stuff the Mutton with it, then bake it in an Oven, and garnish it with the farced meat that will not go into the Leg, and put white broth to it; then serve.

12. *Pottage of Geese farced.*

After they are prepared, take out the brisket, and farce them with what farce you will, then flower them, and put them in the pot with good broth; soak your bread, and garnish it with your Geese, with pease, pease-broth, or what you will, and serve.

13. *Pottage of Partridges without bones, farced.*

Take out the brisket, and take some Veal or some Capon-flesh mince it, and season it according to your liking with salt and spice, or fine herbs; Farce your Partridges with it very neatly, put them in the pot with good broth, and seeth them well with a bundle of herbs; soak your bread, and garnish it about the dish with sparagus, and bottoms of hartichokes; then serve.

14. *Pottage of Turkie farced.*

After it is well prepared, take out the brisket, and take Veal and suet, which you shall mince very small; thicken your farce with Eggs, and mix with it some Beatilles, or young Pigeons, raw yolks of Eggs, put it in the pot with good broth, and seeth it well: put Chestnuts in it; and

and Mushrooms; soak a loaf of bread, and garnish it with what is in your pot; then serve.

For to make the bundle of herbs, take Chibbale, Parsley and Thyme, and tie them together.

15. *Pottage after the Italian fashion.*

Take some strong broath, and boil therein some Bacon cut in slices, and therewith add what quantity of pease thou think sufficient; when the pease are boiled enough, then take parsley shred small, with pepper and aniseed, and strain some of the pease to thicken the broth; having thus done, let it a little simmer over the fire, and then serve it on sippets, with Lambs' head, Mutton, or any sort of Poultry.

16. *Another way after the Italian manner.*

Take a few whole Cloves, Mace, sliced Ginger, Salt, with all manner of sweet herbs chopt small, boil these with a rack of Mutton; when it is boiled enough, add therewith some strained almond-paste, with grape-juice or gooseberries; then let it a little over the fire, and serve it upon Sippets.

17. *Pottage of Beef, Veal or Mutton, after the English fashion.*

Take a knuckle of Veal, and boil it well, with store of good store of sweet herbs mingled with oat-meal, not forgetting to join with the Veal a rack of Mutton cut into small pieces; let the chiefest of your herbs be sweet Marjoram, Tyme, Marygold-leaves, Bloodwort and Pennivial; and being finely boiled, serve them on Sippets.

18. *Pottage à la mode de France, of Veal, Kid or Mutton.*

Having well scummed the pot after boiling, take

take beaten oat-meal, and strain it well with cold water, and put it therein with whole Spinnage, Lettice, Endive, Colliflowers, sliced Onions, Cabbage with some Salt; when the Pottage is near upon boiled, put in some Verjuice, then let it boil a little longer; after that, serve it up on Sippets.

19. *Pottage according to the English fashion, made with Pease.*

Procure the best old Pease which can be had, pick them well, and boil them in fair water, scumm the pot when you perceive it to boil; then put in your Bacon interlarded, about two pound, adding therewith a faggot of sweet herbs; suffer not your Pottage to be too thick by over-much boiling, but being of an indifferent consistency, slice the Bacon thin on sippets, and then pour on the Broth.

20. *Pottage without sight or appearance, of Herbs.*

Having minced your herbs very small, pound them with some Oat-meal, then through a strainer, with some liquor of the pot strain them very well, and adding therewith some Salt; boil them with a rack of Mutton: where note, let your herbs be Strawberry-leaves, Succory, Violet-leaves, Spinnage, Scallions, Parsley and Marygold-flowers; when you think it enough, serve it on Sippets.

21. *Pottage called Skinke, a most excellent Pottage.*

Take a good fat Leg of Beef, and chop it into three or four pieces, then boil it with three pottles of Spring-water, adding therewith whole Pepper

per, Mace, and a few Cloves: Having scumm'd the pot very well, season your pot, and having made a faggot of Rosemary, Tyme, sweet Marjoram, Sage, Winter-Savory and Parsley, putting in two or three great Onions whole, boil them together somewhat less then an hour, before dinner, add to them some Marrow-bones, thickning your broth with some strained Oat-meal; a little before you dish up this Skink, put to it a little fine powder of Saffron, then let it simmer a little; after this, take french bread, and cut it into large slices, and so with your Marrow-bones dish it up, with white Toasts laid round on the Knuckles in the middle of the dish.

22. *Pottage du Bled, or the best way of making Frumenty.*

Take Wheat and wet it well, then put it into a clean cloth, and beat it well with a washing-beetle; having finely cleansed it from the dust and hulls, boil it over-night, and let it soak on a soft fire till the next day; In the morning take thereof as much as will serve turn, and putting it into a Skillet, add thereto Cream or Milk, with Mace, Salt, whole Cinnamon, Saffron, and yolks of Eggs, boil it thick, so trimming your dish; serve it up with Sugar strewed thereon.

23. *Pottage of Rice.*

Let your Rice be finely pickt and dusted clean, having washt it well, boil it in Milk; having boil'd it well, put thereunto some Cream, large Mace, whole Cinnamon, Salt and Sugar, boil it on a soft stewing fire; and so serve it up in a deep dish.

24. *Pottage of Milk.*

Take whole Oat-meal, and pick it very clean, then put it into a Pipkin or Skillet, but let the water boil first; when you find it boiled very tender, put in some Cream or Milk, with Salt and fresh Butter.

25. *Pottage of Elicksander.*

Take Elicksander and wash it well, then take Oat-meal and pick it clean; then set over the fire a Pipkin with fair water, and when it boils, put in the aforementioned ingredients, suffering it to stand over a soft fire no longer then till it be indifferently thick; then take it off, and put some fresh Butter therein.

26. *Pottage of dry old Pease.*

Take a quantity of Seedway Pease (as they are commonly called, and are esteemed the best) pick them well, (for commonly they are a little worm-eaten) then wash them, and put them into your pot when it boils; being tender-boiled, take out some of them, strain them, and so thicken them, adding some sweet herbs chopt with Salt and fresh Butter; and so served with Sippets about them.

27. *Pottage de Marquis de Blanchfort, for Fish days.*

Take fair Water, and boil it in a Pipkin; then strain some Oat-meal well cleansed and put thereto, with large Mace, whole Cinnamon, Salt, a bundle of sweet herbs, some strained and whole Prunes, with a few Raisins of the Sun, being well stewd on a soft fire and pretty thick, add thereunto some Claret-wine and Sugar; and so serve it.

## The French Cook.

### 28. Pottage of Almonds.

Of Almond-paste take a pound, and strain it with some new Milk, have in the mean time a pottle of Cream boiling in a pipkin or skillet, and put therein the Milk, Almonds, with some Mace, Salt and Sugar; and serve it on french bread, or Pine Molet, scraping Sugar thereon.

### 29. Pottage of Snails.

Experience hath frequently made appear what an excellent and nourishing thing this Pottage of Snails is, having been found a Sovereign Remedy for the Consumption; 'tis thus made.

Take Snails, and wash them very well in several waters; then put them into an earthen pan, and put thereto as much water as will cover them; after this, set them over the fire, but let it be moderate: then take them out of the shells, and scour them with water and salt three or four times; after this, put them into fresh water, and let them boil a little; then take them out of the water, and put them into a dish with the best Oile you can get, setting it over the fire till it be ready to boil, then put in three or four slic'd Onions; after this, put the Snails, Oile and Onions into a Pipkin, and put as much water as will make a Pottage, with Salt, letting it stand over the fire stewing three or four hours; then some sweet herbs, as Tyme, Penial, Parsley, &c. and mince them; then bray or pound them in a mortar to a Green-sauce, adding thereunto a clove of Garlick, with beaten Cloves, Saffron, and grated bread, and having given them a walm or two; serve them up with Sippets in the bottom, and the juice of Lemon squeeze'd at top.

30. Pot-

## The French Cook.

### 30. Pottage of Gruel.

Pick your Oat-meal, and boil it whole on a stewing fire, being tender boiled, strain it well, then put it into a Pipkin; when the water boils, let it be pretty thick of the Oat-meal, and put thereunto some well-washt pickt Raisins of the Sun, some large Mace, Salt, and a little bundle of sweet herbs, with a little Rose-water and Saffron; let it stew on a Charcoal-fire till the fruit be well alom'd; then put to it the yolks of four or five Eggs, and some Butter.

### 31. Pottage of Beef-Pallats.

Take Beef-pallats boiled, and cut each pallat in two, having first blancht them well; then take a piece of lean Bacon, a handful of Champignons, half a dozen of Sweet-breads of Veal, a little strong broth, with the like quantity of Mutton-gravy, with an Onion or two, and four or five Cloves, with a little Mace and Orange-pill: Whilst your Pallats stew, prepare a dish with the bottoms and tops of a couple of loaves, or Pine-Molet, moistned in the Mutton-gravy, but forget not to put to your Pallats the marrow of two or three Beef-bones, when you have stewed these enough together, and you are about to dish it; take out all the Spices, Onion and Bacon; but be sure you place the marrow a top advantageously, and having squeezed the juice of Oranges; serve them up very hot.

### 32. Pottage de Jacobins.

Take the flesh of a Turkey or Capon, and after it is minced very small, scrape thereon some old Cheshire or Holland Cheese; then take beaten Cloves, Nutmeg, Mace and Salt, and season it therewith;



therewith; having so done, take the bottoms and tops of half a dozen of penny Rolls newly baked, and dry them before the fire; then wetting them in strong broth with gravy of Mutton; lay them in a dish over a Chafen-dish of Coals, then strew on your minced meat all over of an equal thickness, sticking here and there pieces of Marrow as big as your thumb; then pour on a Ladleful of gravy of Mutton; thus as it stews, add now and then a Ladle full more of the same gravy: when you perceive it is enough, and gravy sufficiently left; serve it up in the same dish, squeezing thereon the juice of three or four Oranges.

### 33. Pottage of Capons.

Take a couple of young Capons, and having filled their bellies with marrow, truss them, and put them into a pipkin with a Knuckle of Veal, and a rack of Mutton, with Veal sweet-breads; season your broth with some Mace, a few Cloves and a little Salt; let not your fire be too quick, but let them boil gently, till you think your Capons are enough; then place in the bottom of a deep dish the tops and bottoms of half a dozen new Rolls, and pour thereon two Ladles-full of your Capon-broth, mingled with some Mutton-gravy, and put it over a Chafen-dish of Coals; when you are ready to serve it, lay in the Capons on each side, then fill up the dish with Mutton-gravy, wringing thereon the juice of two Lemons, taking off with a spoon all the fat that swimmereth on the Pottage; then garnishing your Capons with the sweet-breads and some Lemons; serve it to the Table.

*A Method*

### 7 A method to make ready and serve up Pottages for Fast days.

**W**Arm some water with Butter and Salt; then take Sorrel, Bugloss, Burrage, Succory, or Lettice, and Beets; after they are well cleansed, cut them, and put them into an earthen pot, with the first cut of a loaf; boil all some while, until it be well consumed; then soak your bread; take up and serve.

### 2. Pottage of Crawfish.

Cleanse your Crawfish and sceth them with Wine and Vinegar, Salt and Pepper; after they are sod, pick the feet and tail, and fry them with very fresh Butter, and a little Parsley; then take the bodies of your Crawfishes, and stamp them in a mortar, with an Onion, some Cloves and Mace, a little Ginger, a little Pepper, and a little Salt, hard Eggs, and the crumbs of a loaf; set them a soaking with some good herb-broth, or some other, if you will use pease-porridge, it must be very clear; after it is boiled, strain all together; after it is strained, set it before the fire, then take some Butter, with a little minced Parsley, and fry it; then put it into your broth well seasoned, and soak it with your dry crusts, covered with a dish or a plate; put also on your bread, a little of a half of Carp, and juice of Mushrooms; fill up your dish, and garnish it with your feet and tails of Crawfish, with Pomegranate, and juice of Lemon; and serve.

### 3. Pottage of Carp.

Take out the bones of a Carp, and put the bones

bones to boil in pease-porridge, with some Onions and hard Eggs, and crumbs of bread; after they have boiled, strain them, fry them with a little Parsley, and put them in the broth again. After they have boiled, dry and soak your bread, make a hash of the flesh of your Carps; and when it is sod, put it upon your bread, and fill it garnished with *Andouilletts*, and all well seasoned; serve with Lemon-juice and Mushrooms upon it.

#### 4. *Pottage of Tenches.*

Take your Tenches, take out the bones and the flesh, then farce them with their flesh minced very small; after this, you shall close up again nearly the hole whereat you have put in your farce, all being well seasoned. As for the broth, take it, if you will of Pease-porridge, or of Turnips, or of Herbs, or of Tenches, or of Almonds, or of Carps; or of Crawfish, it matters not, so that it be good; soak your bread, and garnish it with Tenches, either farced or roasted, or with what other garnish you will; then serve.

#### 6. *Pottage of Carps farced.*

Take out the bones and the flesh of your Carps, and farce them with their own flesh, sowing up again very nearly the place whereat you have put in your farce, as at the Tenches; seeth them in a dish with broth, Butter, Verjuice, Chibols, large Mace, a bunch of sweetherbs and Pepper; seeth the bones and take out and strain the broth thereof, which you shall have seasoned with Salt, Pepper, and crumbs of bread, soak your bread, and garnish it with your farced Carps, Capers, Sampiere, Pine-seeds, and Mushrooms; then serve.

6 Other

#### 5. *Other Pottage of Carp.*

Scale, scrape, and wash off the slime of your Carp; then draw it, and put it into a wide-mouthed Pipkin that will contain it, put to it a pint of white-wine, and as much good fresh fish-broath as will cover it, or water with the Carps bloud, four or five blades of Mace, beaten Pepper, slic't Onions, a Clove or two, some sweet herbs chopped, a handful of Capers, and some Salt; the Carp being well stewed, put in some Almond-paste with some Claret-wine, give it a walm; serve it on french bread, pouring the broth thereon.

#### 6. *Pottage of roasted Carps.*

After they are pressed, slit them on the top, melt some Butter, and endore your Carp with it, put it on the Gridiron, and broil it without Scales; make a sauce with Butter, Parsley, Chibol, a drop of Verjuice and Vinegar; all well seasoned and soaked with broth taken out of another pot, or with Pease-broath: Then take some Turnips; cut them in two; after they are blanched, flower them and fry them; after they are fried, put them into a pot with some water or pease-broath, and when they are sod and seasoned, soak your bread, and garnish it with your Carps, Turnips, Sampire, and with Capers; then serve.

If you do not put in Turnips, you may garnish with Mushrooms, or cut Sparagus, and with the Melts of Carps.

#### 7. *The Queens Pottage.*

Take Carps or Tenches, seeth them with Water, Salt, and an Onion, Parsley, hard Eggs, and the crumbs of a loaf; when they are sod, strain

D

your



your broth, and put it into another pot, with as much Butter as you would put into another broth; take some Almonds, and Stamp them well, mix them with the half of your broth, and after they have boiled together a while, strain them, and put in an Onion sticked with Cloves, and set it upon a few warm cinders; soak your dish with a little of your first broth, and fill up your dish with white broth, with the yolk of an Egge, allayed with Verjuice, and the juice of Mushrooms, so that it nevertheless be not too much thickned; then serve, garnished with Pomgranate, and slices of Lemon.

8. *The Queens Pottage for fasting-dayes, made only of Herbs.*

Take half a handful of Lettice, as much of Spinage, half as much of Bugloss and Burrage, two handfuls of Sorrel, a little Parsley, Sage, a good handful of Purslain, half a pound of Butter, some Pepper and salt, and sometimes some Cucumbers.

9. *The Princesses Pottage.*

Take Pease-broath, very clear, in it seeth the bones of Carps with some yolks of Eggs, and a bundle of herbs, all well seasoned; then dry a loaf and soak it, fry into it a very little of hash of Carp, and juice of Mushrooms; fill up your dish by degrees as it is soaking, and garnish it with Mushrooms, Trouffles, Melts, liver of Eel-pouts, with all kind of herbs, Pomgranate, and with Lemon-slices; then serve.

10. *Pottage of Tortoise.*

Dress them, and cut them into pieces, pass them in the pan, with Butter, Parsley, and Chibol; after

after they are well passed and seasoned, set them a soaking in a dish on the chafin-dish with a little broth. Which to make, you shall cleanse well your Tortoises, and seeth them in water, well seasoned, and use it: Have a care you do not burst the Gall in cutting of them; soak your bread; and then garnish it with your Tortoises, and their sauce, with Sparagus broken about the dish, Mushrooms, Trouffles, Lemon-slices, and the juice of Mushrooms; then serve.

11. *Pottage of Mushrooms farced.*

Take the pickings of your Mushrooms, and wash them well; seeth them in water, or in some other broth, with an Onion sticked and a twig of thyme, all well seasoned; strain your broth, and put it into a pot, then pass also your Mushrooms in the pan with Butter, Parsley, Pine-apple seeds, and capers, and put them in the same pot again, you may make the ground of your pottage with some Carp-bones, which you shall boil with your Mushrooms; soak your bread, and when it is well soaked, put on it a bed of hash of Carps, and then fill it up with your implements by degrees as it doth soak; after it is filled, garnish your pottage with your Mushrooms farced with the same farce wherewith you have made your hash, laid between two dishes, and with Melts; and when you are ready to serve, put about it Pomgranate, or Lemon; then serve.

*Mushrooms otherwayes.*

Take your Mushrooms and peel them, and put an Onion to them, some sweet-herbs, large Mace, Pepper, Butter, Salt, and two or three Cloves; being tender, stewed on a soft fire, put

to them some grated bread, and a little white wine; stew them a little more, and having ordered your broth as you would have it, serve them up on Sippets, rubbing the dish first with a Clove of Garlick, and lay slic'd Orange on them.

*12. Pottage of Soals without bones farced.*

Fry them almost outright, and open the along the bone, which you shall take out; take Melts, Oysters, Capers, Mushrooms, Trousses, and pass them in the pan with Parsley and whole Chibols; farce your Soals with these implements, and after they are farced, soak them with a little broth, fresh Butter, Lemon or Orange-juice or Verjuice; your bread with the broth of any fish you have, as you will, and garnish it with your Soals, with Mushrooms, Trousses, Melts, and juice of Mushrooms, and set about the dish some slices of Lemon; then serve.

*Otherwayes boiled.*

Takes your Soals, draw and flay them; then boil them in Vinegar, Salt, White-wine and Mace, but let the liquor boil before you put them in; being boiled, take them up, dish them on Sippets, and let your garnish be Mace, slic'd Lemons, Goose-berries, Grapes or Barberries, and beat up some Butter thick with the juice of Oranges, white-wine or Grape-Verjuice, and run it over the Fish.

*13. Pottage of Smelts.*

Make broth with Almonds, or Fish, or Mushrooms, or Pease-broth; all being well seasoned, soak your bread, and put a little white broth over it, of yolks of Eggs allayed, and the juice of Mushrooms;

Mushroom; take your Smelts, fry them, and garnish your pottage with them, or if you will, before you garnish, put them with Ragoust; which to do, you shall take some Parsley, Chibols, Butter and Verjuice, and fry them together, and then strain them; and after they are strained, you shall put them with your Smelts; serve them garnished with Pomgranate and Lemons.

*14. Pottage of Sparagus.*

Take store of herbs, put them in a pot, with crumbs of bread, and season them well, then fry them, and after they are fried, put them again in the pot; soak your bread, and garnish it with Sparagus; which you shall have caused to seeth with Water and Salt, and being drained, put them with fresh Butter, Salt, Cinnamon and Nutmeg; over your pottage, you shall serve-fried broken Sparagus; then serve.

*Another way.*

Use the same broth, put upon it a little of hash of Carp garnished with fried Sparagus, and other Mushrooms, and Melts; then serve.

*Another way.*

After your bread is well soaked, garnish it with herbs and Sparagus, with Capers and yolks of Eggs, and serve. You may whiten your pottage if you will.

*15. Pottage of Haslets of Fish.*

Take Carps, take out the bones, and make a hash with Butter well seasoned with good herbs, take the bones, and boil them with pease-broth, or other broth with a bundle of herbs, Butter and Salt; then with your skins of Carps make some Haslets, that is, some pieces of skins of Carp spreading them

them; and putting them upon your hash seasoned, and Eggs for to thicken them, then roul them up like small Chitterlings; after they are thus rouled up, seeth them in a dish with Butter, a little Venjuice and a Chibol; after they are ready, garnish your bread with your Hash and Hashlets, and put upon it Mushrooms and broken Sparagus; then serve.

#### 16. Pottage of Lettice farced.

Take Lettice, blanch them in fresh water, make a farce of fish or herbs, and after you have farced them with it, set them a soaking in a pot with some pease-broth, or some other broth, and season them well with Butter, Salt, and an Onion sticked with Cloves; soak your bread, and garnish it with your Lettice, which you shall cut into halves; you may put to it a bed of a hash of fish; then serve.

#### 17. Pottage of Cabbage (or Coleworts,) with Milk.

Cut your Cabbage into quarters, and blanch them, then put them in the pot with water, store of Butter, Salt and Pepper, and an Onion sticked with Cloves; after they are well sodden, put some Milk to them, soak your bread, and serve it garnished with your Coleworts (or Cabbages.)

#### 18. Pottage of Cabbage or Coleworts, with fried bread.

Blanch your Coleworts or Cabbage, and put them in the pot, as abovesaid; and serve garnished with fried bread.

#### 19. Pottage of Coleworts, or Cabbage, with pease-broth.

It is made as abovesaid, but instead of water, you

you put them in the pot with pease-broth; garnish and serve alike.

#### 20. Pottage of Pumpkin with Butter.

Take your Pumpkin, cut it into pieces, and seeth it with water and salt; after it is sod, strain it, and put it into a pot with an Onion sticked with Cloves, fresh Butter and Pepper; soak your bread, and if you will, allay thre or four yolks of Eggs, and pour them over it with broth; then serve.

#### 21. Pottage of Pumpkin with Milk.

Cut it and seeth it as abovesaid, then pass it through a straining pan with some Milk; and boil it wit butter; season with Salt, Pepper, Cinnamon, and an Onion sticked, and serve it with yolks of Eggs allayed, as abovesaid.

#### 22. Pottage of Turnips fried.

Scrape your Turnips well, and cut them into quarters, or in two, blanch them, flowre them, and pass them in the pan with refined Butter, which you shall rake away when it is very brown, and then you shall put your Turnips in the pot with some water, or with some pease-broth, let them seeth well, and season them; soak your bread, and garnish it with your Turnips, Grapes, and with Capers; then serve.

#### Another way.

After your Turnips are scraped, cut into quarters, and blanched, seeth them with water, butter, salt, and an onion sticked with cloves; after they are well sod, soak your bread, and after you have put your turnips with some fresh butter, and stirred them often until the butter is melted, garnish your pottage with them, and serve.

23. *Pottage of Milk with yolks of Eggs.*

Take very new Milk and boil it, season it with Salt and Sugar; when it is ready to boil, allay seven yolks of Eggs for one great dish, and for a small one proportionably, put them into your Milk, and stir it well; in making of it's broth, take bisket or bread, and make your pottage with it, which you shall serve sugred.

*Another way.*

Make your Milk ready, and garnish it with Eggs poached in water, well chosen and very new, to the end they may poach the better; then serve.

24. *Pottage of Profiteolles, or small Vails.*

Soak your bread with the best of your fast-daies broths, then take six small loaves made for the purpose; dry them well, and open them on the top about the bigness of one shilling, whereat you shall take out the crumb; when they are very dry, fry them with refined Butter, and after you have drained them well, set them a soaking upon your bread; when you are ready to serve, fill them up with all kinds of things, as with Melts, Mushrooms, broken Sparagus, Trousfles, Hartichokes, and Capers, cover up your loaves again with their covert, and garnish with Melts, Mushrooms, Pomegranate, and Lemon-slices; then serve.

*Another way.*

Put your Pease into a pipkin or skillet of boiling Milk or Cream, put to them two or three sprigs of Mint and Salt; being tender boiled, thicken them with a little Milk and Flower.

*Other-**Otherwayes.*

Take green-pease being shell'd and cleansed, put them into a pipkin of fair boiling water; when they are boil'd, take and strain some of them, and thicken the rest, put to them a bundle of sweet-herbs, salt and butter; then serve them with sippets about the dish.

25. *Pottage of green Pease.*

Pass them in the pan with butter or melted lard, the smallest and newest you can find, and set them a soaking into a small pot, well seasoned with a little parsley and chibol; then soak a loaf with some herb-broth, or some old pease-broth; after it is soaked, garnish it with green pease; and serve.

*Another way.*

Take the biggest, and seeth them, then strain out the broth of them, and fry some butter into it with a little parsley and minced chibol, and season it well; soak your pottage, and put capers into it, and garnish it with fried bread.

26. *Pottage of Herbs without Butter.*

Take a great quantity of good herbs, when they are green, break them, put them into boiling water, with the first cut of a loaf, and season them well, so that they may be something sharpish with store of sorrel; soak your bread, take up your pottage, and mix some capers with it, if you will; then serve.

For to make your pottage somewhat sharp, take half of the herbs half sod, and strain them; and for to make it green, you must stamp some Sorrel.

27. *Pottage of Onion.*

Cut your Onions into very thin slices, fry them with

with Butter, and after they are fried, put them into a pot with water, or with pease-broth; after they are well sod, put in it a crust of bread, and let it boil a very little, you may put some Capers in it; dry your bread, then soak it; take up, and serve with a drop of Vinegar.

28. *An excellent stewed Broth for Fish-days.*

Set boiling some fair water in a Pipkin, then strain some Oat-meal and put to it, with some large Mace, whole Cinnamon, Salt, a bundle of sweet-herbs, some strained and whole Prunes, and some Raisins of the Sun; being well stewed on a soft fire, and pretty thick, put in some Claret-wine and Sugar; serve it up with scraped Sugar.

29. *Pottage of Onions.*

Fry good store of slic'd Onions, then have a Pipkin of boiling liquor over the fire; when the liquor boils, put in the fried Onions, Butter and all with Pepper and Salt, being well stewed together; serve it on french bread, or Pine Molet.

30. *Pottage of Almonds.*

Take a pound of Almond-paste and strain it with some new Milk; then have a pottle of Cream boiling in a Pipkin, then put in the Milk and Almonds, with some Mace, Salt and Sugar; serve it on Pine Molet, and scrape on Sugar.

*Othermayer.*

Strain them with fair water, and boil them with Mace, Salt and Sugar, or now add two or three Eggs dissolved with Saffron, and so as before, serve it up.

31. *Oat-meal Pottage*

Take some Ale, boil and scum it, and put therein

in strained Oat-meal, Mace, Sugar and sliced bread; boil it well, and add to it three or four spoonfulls of Sack, white-wine or Claret.

32. *Pottage of Cucumbers forced.*

Take your Cucumbers, pare them; and empty them very neatly, blanch them; and after they are blanched in fresh water, drain them; make a Farce with Sorrel, yolks of Eggs, and whole Eggs, all well seasoned, and pour it into your Cucumbers; after this put them into a pot with some water or pease-broth, seeth and season them well, with Capers, if you will; then soak your bread, and garnish it with your Cucumbers, which you shall cut into quarters, then serve.

33. *Pottage of Snow.*

It is made with Milk well seasoned with Salt and Sugar, when you are ready to serve, the whites of the yolks of Eggs which have allayed for to put into your Milk; fry them well, and pour them into your Milk; serve and sugar them.

*Another way for Flesh-days.*

Soak your bread with some Almond-broth, a little minced meat and juice of Mutton, altogether; when you are ready to serve, fry some whites of Eggs, and put them upon your pottage, and pass the fire-shovel red hot over them; and serve.

34. *Pottage of Mussles.*

Scrape and wash them well, then boil them in a pan with some water, salt, and an onion; after they are boiled, take them out, and pick them, taking off the shell to some, and leaving it to others for to garnish; after they are thus picked, pass them in the pan with a little minced parsley;

parsley; as for your broth, after it is settled, leave the bottom, lest there be some gravel, then boil it, and when it boils, fry into it a little parsley with some very fresh butter; soak your bread; after it is well soaked, take up your pottage, garnish it with your Mussles, and whiten it with yolks of Eggs allayed in Verjuice, if you will; then serve.

*Otherwayes.*

Take some boil'd Pease, strain them and put them in a Pipkin with some Capers, some sweet-herbs finely chopped, some salt & butter; then have some great Oysters fried with sweet-herbs, and grossly chopped, put them to the stewed Pease; stew them together; then serve them on carved sippets, with you dish garnisht with grated bread.

*Otherwayes.*

Take a quart of great Oysters, parboil them in their own liquor, and stew them in a Pipkin with some Capers, large Mace, a bundle of sweet-herbs, Salt and Butter, being finely stewed; serve them on slices of dried french bread; round the Oysters slic't Lemon, and on the pottage boil'd Spinage, minced and butter'd; but first pour on the broth.

35. *Pottage of Oysters.*

After your Oysters are well blanched and flowred, pass them in the pan with a little parsley; then soak them in a pot; soak your bread in other broth, as white meat; after it is well soaked, garnish it with your Oysters; whereof you shall fry some, like fritters, for to garnish with Pomgranate, Lemon-slices, and juice of Craw-fish; then serve.

36. *Pottage of Grenosts.*

Dress them and seeth them after the manner of stewing, season it with all kinds of good herbs, with butter, and a drop of white-wine: soak also your bread, and garnish it with your Grenosts, Capers, Mushrooms, and Melts of Carps (if you any,) then serve.

37. *Pottage of Salmon.*

Cut Salmon into slices, and fry it, then soak it with a little white-wine and some sugar; soak also your bread with any other broth you have, so that it be well seasoned; garnish it with your Salmon, the sauce upon it, and thus let it boil a little; then serve.

*Another way.*

Take a whole rand or jole of Salmon, scale it, and put it into an earthen stew-pan, and put thereto some Claret-wine, some Wine-Vinegar, a few whole Cloves, large Mace, gross Pepper, slic't Ginger, Salt and some cloves of Garlick; then take four trait sprigs of Rosemary, as much of Tyme and Marjoram, two or three Bay-leaves, with Parsley bound up hard, and a quarter of a pound of sweet Butter, then take up the pan with course paste; when it is baked, serve it on sippets of french bread.

*Another way.*

Take your Salmon, when it is cut into pieces, and passed through the pan, and season it with some pepper, nutmeg, ginger, and salt them, put it a boiling with some white-wine, a little vinegar, a bunch of sweet-herbs, & a whole Chibold, and some blades of large Mace; let this boil a while, then put it to some of your best broth, and garnish it with Oysters,



Oysters, yolks of Eggs boil'd hard, minced fine with fried Parsley, Mushrooms, Pomgranate, and sliced Lemon, soak your bread with your broth; serve.

### 38. Pottage of Frogs with Saffron.

Truss up your Frogs, and boil them with broth, or with pease-broth, and season them with Parsley, an Onion stick'd with Cloves, and a twig of thyme; soak your bread, and garnish it with your Frogs blanch'd, with Saffron or yolks of Eggs; then serve.

#### Another way.

Truss them up cherri-like, fry them, and stow them between two dishes, with a little fresh Butter, a drop of Verjuice, the juice of an Orange or a Lemon, and season them well with a bundle of herbs; then to make your broth, boile some with pease-broth, or water, salt, parsley, chibols, one handful of stamped almonds, and yolks of eggs; after which you shall strain altogether; soak your bread; upon which you may put a little of the hash of carp, or other fish, fill up your dish and garnish it with your Frogs, lemon, and pomgranate; then serve.

### 39. Pottage of Bran.

Take Wheat-bran, the biggest you can find, boil it well with water, with one handful of Almonds, and a bundle of herbs, and season it well; then pass it through a strainer, and put it again to boil; soak your bread, and fill your dish with this broth, which you may whiten if you will, with Eggs allay'd with Verjuice, and garnish it with Fleurons (if you have any) then serve.

40. Pot-

### 40. Pottage of Hops.

Take good store of herbs, which you shall season as a pottage with the crumbs of a loaf; fry all, and put it to boil in a pot, fry also some fresh butter in the pan with a little parsley, and a bundle of herbs, and pour it into your pot, soak your bread with your broth; after this, seeth your Hops with water and salt; after it is sod, and drained, put it with butter, and garnish your bread with it, then serve your pottage whitened, (if you will,) with yolks of Eggs allay'd in Verjuice.

### 41. Pottage of Rasberries.

Allay some Eggs with some Rasberries, and strain all together, boil some Milk, well seasoned with salt, and when it boils, pour your implements into it, and stir it well, take it up, garnish it with Rasberries; and serve.

### 42. Pottage of Parsnips.

Cleanse them well, and chuse the middle-sized ones, seeth them with butter and a bundle of herbs, and season them with salt and clove stick'd, then take them out, and take off the skin if you will, and then put them with butter, and a drop of broth, stow them, and you shall find your sauce thickned; your bread being also well soaked, and your pottage fill'd, garnish it with your Parsnips; then serve.

### 43. Pottage of Leeks.

Take the white of your Leeks, and cut them very small, keep some of them, which you shall cut in length for to garnish, and shall tie them together; blanch them, and seeth them with pease-broth or water; after they are sod, soak your

your bread, and garnish your pottage with the Leeks you have cut in length; then serve.

You may whiten them with yolks of Eggs allayed with Verjuice.

You may also put to it some Milk and Pepper, and serve forthwith.

If you will serve them without whitening of them, you must seeth them with Pease-broth, put some Capers, Broom-buds, Sampeire cut small, and Pine-seeds to them, and season them well; soak and serve, garnished as the other.

#### 44. Pottage of Barnicle farced.

After it is well flayed, take off the flesh, and mince it well with butter, Mushrooms, yolks of Eggs, Salt, Cinnamon, beaten Cloves and Mace, Ginger and Pepper, fine herbs, as Parsley, Chibols, Thime, two or three Eggs raw for to bind the flesh; then farce your Barnicle, and close it up with a scure, or a thread; put it in the pot with pease-broth, the clearest you can get, and seeth it well, it thickneth but too much with boiling; soak your bread, and take up your Barnicle with what garnish you have; then serve.

#### 45. Pottage of Eele-pouts.

Flowre them, fry them, and garnish your pottage with them, after that your bread is well soaked with the best of your broths; when it is very full, garnish it with what you have, as Mushrooms, Trouffles, Sparagus, Melts, and whiten them with Almond-broth, or otherwise with the broth of Crawfish.

#### Otherwayes.

Take Eeles, draw, flay them, and wipe them clean, then put them into a Posnet, having cut them

them three inches long, and put to them some white-wine, wine-vinegar, fair water, large mace and a good big onion; stew the aforesaid together with a little butter, being stewed tender, dish them on carved sippets, or on french bread, and serve them with boild currans boild by themselves, slic't Lemons, Barbergies, and scrape on sugar.

#### Eeles otherwayes.

Take three Eeles, draw, flea and truss them round; then put them into a broad wide-mouthed Pipkin, with as much white-wine and water as will somewhat more then cover them, put to them some stript Tyme, Sweet Marjoram Savory, pickt Parsley and large Mace, stew these well together; then take them up and pour on your white broth, having served them on Sippets, sticking Bay-leaves round the dish, garnishing the meat with slic't Lemon.

#### 46. Pottage of broken Sparagus.

Dry some crusts, and soak them with the best of your broths, garnish them with your sparagus and mushrooms, and if you will with sparagus at length; then serve.

If you will have them to relish of greenness, blanch them in the broth wherewith you soak your bread.

#### 47. Pottage of Colliflowers.

Fit your Colliflowers as for to put them with Butter, and blanch them but very little, then make an end of seething them, and season them well; soak your bread with any broth you have, and garnish it with your Colliflowers fried in butter, salt, and natmeg, and besprinkle them with almond-broth; then serve.



48. *Pottage of Fiddeltes.*

Peele five or six Onions, and mince them, boil them with water and butter; after they are sod, strain them through a linnen cloth, and seeth your *Fiddeltes* with the broth, and season them with salt and pepper; after they are sod, soak your bread, and garnish it with them; then serve.

You may seeth them with Milk.

49. *Pottage of Rice.*

Whiten your Rice, and when it is very clean, burst it in water, or milk, seeth it; after it is sod, take some proportionably, and strain it, for to make your broth; being seasoned as the *Fiddeltes*, soak your bread, put a little Rice upon it, and garnish it with puffed *Tailladins*, and *Fleurons*; then serve.

You may make a pottage with milk the same way, and serve it, (if you will) sugar'd, and garnished with *Macaron*.

50. *Pottage of Tailladins.*

Make a paste seasoned only with salt, spread it, and cut it as thin as you can after the form of *Tailladins*, pass them in the pan, and soak them with a very little of good broth, after they are well soaked, take very little bread, and garnish it with the rest of your *Tailladins*, seasoned as the *Fiddeltes*; then serve.

*Another way.*

If you have a little fine paste, or puffed paste, spread it and cut it into *Tailladins*, fry it in refined butter, garnish your pottage with it, and serve.

51. *Pottage of green pease-broth.*

Seeth your pease but a very little, beat them in a mortar,

a mortar, and strain them with the broth of herbs well seasoned, and a bundle of herbs, then take chibol, parsley, and butter, and all being fried together, throw it into your pease-broth, which you shall boil.

For the garnish, cleanse some lettuce, succory, or cucumbers and small pease fried, and sod with butter, salt, and a little pepper; when you are ready to serve, soak your bread with your pease-broth, and garnish with what you have, or with hartichoke-bottoms, (if you will,) then serve.

52. *Pottage of Pease broth of common pease served green.*

Seeth them with water, to have done the sooner, take your pease-broth out very clear, and when you are ready to use it, fry into it parsley, charvel, young sorrel, butter, bran, and capers, then boil it with all these seasonings; soak your bread with some of your broth, and if you have nothing to garnish with, garnish it with fried bread, or with *Fleurons*; then serve.

To serve it green, stamp beets or sorrel, and lay it about your dish.

53. *Pottage of Barnicle with Turnips.*

After your Barnicle is dressed, lard it with Eele or Carp, then pass it in the pan, and seeth it with half water, and halfe pease-broth, well seasoned with butter and a bundle of herbs; when it is almost sod, cut your Turnips, flower them, and pass them in the pan with butter, and when they are very brown, seeth them with your Barnicle; when it is sod, soak your bread, and garnish with it, together with your Turnips. If your pottage is not thickened enough, fry a little

flowre ito it, some capers, sampeire cut small, pine-seeds, the meat of a lemon cut small, and a drop of vinegar; then serve.

54. *Pottage of Barnicle garnished.*

It is done as the other, but that if you will not have your Turnips to be seen, you may strain them, and season them with a bundle of herbs or onion, and good butter; after it is well sod, serve your pottage well garnished with mushrooms and hartichokes, and a little thickned.

55. *Pottage of Leeks with pease-broth.*

Whiten them a very little, and seeth them with pease-broth, well seasoned with butter and salt, soak your bread, garnish it with your leeks, which for to whiten, allay some yolks of eggs with broth, and pour them on it; then serve.

*Another way.*

After your Leeks are sod, and reduced to little water, put to them some milk well seasoned; and serve.

56. *Pottage of Burts.*

Take off the tails and heads of your Burts, and half fry them, then put them in *raux* or *castrolle*, with a very long sauce, and well thickned, soak your bread with some of the best of your broths, and garnish it with your Burts at the top, with mushrooms, and capers; then serve.

If you have no fish-broth, the pease-broth is good.

57. *Pottage of Herbs garnished with Cucumbers.*

Take all kind of herbs, cleanse them well, and soak them with butter and a bundle of herbs, over a small fire, then by little and little fill them with warm water. After they are well boiled and seasoned,

seasoned; put in the first cutting of a loaf, with an onion stuck, the peel of an orange minced, and some capers, if you will, and you may garnish it with sodden lettuce; and you may also seeth some pease among the herbs; serve readily, and garnish with Cucumbers.

58. *Pottage of Onion with Milk.*

After your Onion is cut very thin, and fried with butter till it be very brown, seeth it with a little water, well seasoned with salt and pepper; after it is enough, put milk to it, then boil it, and serve readily, soaking your dry crusts.

59. *Pottage of Lofches.*

Being whole, farce them with a little sorrel, clear yolks of eggs, and milk, and season them well with melted butter, mix all together without flowering them, but of themselves, and seeth them with butter, parsley, salt and pepper, and soak your crusts with the best of your broths, and a little oyster liquor, and garnish them with your *Lofches*, which you shall whiten with the yolks of eggs; then serve.

You may serve them at the Entree, or first course, or fry them; you may also garnish some pottage with them, or use them that it may be brown; and garnish as soon as they are fried.

60. *Pottage of Vives, or Sea dragons.*

After they are well cleansed, boil them with a little pease-broth and whitewine, onion stuck, or a bundle of herbs, all well seasoned, then take out your Sea dragons, and put them with ragout, taking some thickning or trouffes; let them soak well, seasoned with salt, fresh butter, minced capers, and one anchovy, and cover them; pass  
E 3 the

the broth through a strainer, and boil it with fresh butter, paste, parsley, and minced capers; soak a crust of bread, and put over it a few minced mushrooms, and of the flesh of a Sea-dragon; when it is well soaked, garnish it with your Sea-dragons, and the ragoust upon; then serve.

The pottage of Rochet is made, served, and garnish'd alike.

61. *Pottage of Mushrooms farced.*

It is made the same way as that of the Princess; garnish with your Mushrooms farced, and with melts, fill up with the best of your broth, with such other garnish as you will; and serve.

62. *Pottage of Almond-milk.*

After your Almonds are stamped, soak them with milk and the crumbs of one loaf; then strain them, and season them with salt and sugar; when you are ready to serve, put some sugar in it again, and serve.

63. *Almonds otherwayes with Ale.*

Take half a pound of Almonds and blanch them; then stamp and strain them with a pint of good Ale; then boil it with slices of fine manchet, large mace and sugar; being almost boiled, put in half a dozen spoonfulls of Sack.

64. *Buttered Beer.*

Take Beer or Ale and boil it, then scum it, and put to it some Liquoris and Anniseeds, and boil them well together; then have in a clean Flaggon or quart Pot some yolks of Eggs well beaten; with some of the Beer or Ale, and some good Butter; strain your butter'd Beer, put it into the Flaggon, and brew it with the Butter and Eggs,

Pottages

*Pottages for Lent.*

1. *Pottage of Crawfish.*  
Serve it with Pease-broth.

2. *Pottage of hash of Carps.*  
With Pease-broth and Almonds.

3. *Pottage with Herbs.*  
With a very little Pease-broth.

4. *Pottage of Tenches farced with Turnip.*  
With fried Flower, and a little Pease-broth.

5. *Queens Pottage.*  
With broth of Carp, or other Fish mixed with Pease-broth and Almonds.

6. *Princesses Pottage.*  
It is made with Pease-broth, which you seeth with the bones of Carp.

7. *Pottage of Tortoise.*  
With a little Pease-broth.

8. *Pottage of Mushrooms.*  
With Pease-broth.

9. *Pottage of Soals.*  
With Pease-broth.

10. *Pottage of Smelts.*  
With good broth mixed with Almonds.

11. *Pottage of Sparagus.*  
With Pease-broth and Herbs.

12. *Pottage of Haffless.*  
Take it out of the best broth.

13. *Pottage of Lettice.*  
With Pease-broth.

14. *Pottage of Cabbage with fried bread.*  
With a little Pease-broth.

E 4

55. Pot-

15. *Pottage of Cabbage or Coleworts with Milk,*  
With a little Pease-broth, and much Butter.

16. *Pottage of Cabbage or Coleworts with*  
*Pease broth.*

Put in your Pease-broth, Mace, an Onion stick-  
ed with Cloves, Pepper and Salt; when it is  
enough, serve it well garnished with your Cab-  
bage or Coleworts, and some piece of fried bread,  
which shall have boiled with it.

17. *Pottage of Pumpkin.*

Seeth well your Pumpkin, so that it be more  
thickned then ordinary, then frie a chibol with  
butter, and put it in it with Salt, and serve with  
pepper and nutmeg.

18. *Pottage of Pumpkin with Milk.*

After it is well sod, strain it through a straining  
pan, and leave not much broth in it because of  
the milk which you must put in it; when it is  
well seasoned with milk and a little butter, stove  
or soak your bread, and serve with pepper, nut-  
meg, and beaten cinnamon, if you will.

19. *Pottage of Turnips with white-broth.*

Scrape your Turnips, and put them in a pot  
with water; when they are well sod, season them  
with Salt, beaten nutmeg, and a bundle of herbs;  
when you will take up, take it from off the fire,  
put in some butter very fresh, and stir it off the  
fire, and do not put it to it again; then serve with  
a little almond-broth over it.

20. *Pottage of Turnips fried.*

Scrape them, and cut them in two or otherwise,  
blanch and flowre them; after they are dried,  
fry them, and seeth them in water, with a little  
pepper, and an onion sticked with cloves; when  
you

you will take up, if your broth is not thickned,  
you may put in it a little flowre fried, with a drop  
of vinegar; then serve.

21. *Pottage of Pease-broth.*

Take the clearest and put it in a pot, then fry  
some sorrel, charvel, and a little parsley, with  
butter, put all in a pot, seeth it well, and season it  
well; stove your pottage, and serve it with parsley  
roots sod with it.

22. *Pottage without Butter.*

It is made with great store of herbs well sea-  
soned, and sod with a crust of bread, stove or  
soak, and serve.

23. *Pottage of Profiteoles, or small Vails.*

Take it out of many broths, then open six  
loaves made of purpose; make a hole on the top,  
and take out the crumb; fry them with butter,  
and fill them with melts of carps, mushrooms,  
broken sparagus, and observe, that they must be  
sod before you fill them. After they are full,  
stove or soak them leisurely upon your pottage,  
which you shall garnish with melts, mushrooms,  
broken sparagus, and serve.

The pottage of Onions is made the same way  
as that out of Lent. You shall find it in the Pot-  
tages for fast dayes.

24. *Pottage of Muscles.*

It is made the same way, as that out of Lent,  
but that you put no Eggs to it; you may put in  
it some almond-broth, or of some ragoust; serve  
it garnished with Muscles.

25. *Pottage of Frogs.*

Break the bones, and truss them up, then blanch  
them, and drain them; put them in a dish, until you  
have

have made some pease-broth; fry into it a little parsley minced, with butter; after they have boiled, put them into your broth, and take them out forthwith; allay a little saffron, and put it in your pot; stöve or soak your bread, garnish it with your Frogs, and serve.

### 26. Pottage of Grenost.

It is made the same way as out of Lent, on fast daies, and there you shall find it.

### 27. Pottage of Salmon with a sweet sauce.

Cut it into slices, and pickle it, pass your slices in the pan with butter, stick them with cloves, and put them between two dishes with some butter, a bundle of herbs, sugar, wine, a little salt, large mace, beaten cinnamon, and pepper well beaten; stöve or soak them, then dry your bread, and stöve or soak it also with some other broth; garnish it afterwards with your slices of Salmon, the sauce over it, and garnished (if you will) with Figs, Dates, or Prunelloes.

### 28. Pottage of Bran.

It is made as that on fast daies out of Lent, but that you put no Eggs to it.

### 29. Pottage with Frogs, with Almonds.

It is made as that on fast daies out of Lent, but that you put no Eggs to it.

### 30. Pottage of Hops.

Make some Pease-broth, and set it a boiling, pass a few good herbs in the pan well minced, and put them in your pot, let your Hops boil in it, after they are blanched; a little before you serve them, take them up, and put them with butter, salt, nutmeg, cinnamon, vinegar, and very little broth; when it is well seasoned, stöve or soak your bread,

bread, garnish it with your Hops, fill your dish, and serve.

### 31. Pottage of Parsnips.

It is made as in the fast daies out of Lent, but that you make it with pease-broth, without Eggs.

### 32. Pottage of Leeks with Milk.

Cut your Leeks very small, blanch and dry them, and seeth them with clear pease-broth; after they are sod, put in some milk, pepper, salt, clove and mace; stöve or soak your bread, and garnish it with your Leeks; then serve.

### 33. Pottage of broken Sparagus.

Break or cut your Sparagus, and fry them with good butter, salt, pepper, nutmeg, cinnamon, mace, parsley, and minced chibbols; stöve well all together, then make a pease-broth, or pottage of herbs, which you shall strain, stöve also your bread, and garnish it with your Sparagus; then serve. You may put in the juice of mushrooms, and mushrooms with ragout.

### 34. Pottage of Colliflowers.

Dress them, and blanch them in fresh water, then put them in a pot with good broth, or with pease-broth, well seasoned with butter, salt, and an onion sticked with cloves; after they are sod so that they be not broken; stöve or soak your bread, garnish it with your Colliflowers, and serve. You may put in your milk, pepper, and nutmeg.

### 35. Pottage of Fidelles.

Seeth them with water or milk; after they are sod, and well seasoned, take out a part of them to fry, and make a pottage with the remnant; with butter, salt, pepper, nutmeg, onion sticked; then take up and serve.

### 36. Pot-

36. *Pottage of Rice.*

It is made as that of the Fidelles, let it seeth until it be well burst; then serve.

37. *Pottage of Tailladins.*

It is made alike, but that after they are sod, you may put to it a very little saffron, and some very fresh butter; you may put in some milk also, to make them liquid, and when all is well seasoned, serve.

38. *Pottage of Barnicle with Ragoust.*

You shall find it in the last daies pottages, and shall make it alike, but without Eggs.

39. *Pottage of Barnicle with Turnips.*

After it is dressed, lard it with Eele, and rost it a very little, or pass it in the pan with butter; then put it in a pot with water, some pease-broth, and a bundle of herbs; when it is almost sod, pass some Turnips in the pan, put them with your Barnicle, and season it well.

For to thicken your broth, pass a little flowre in the pan untill it be brown, and allay it with a drop of Vinegar; put it in your pot, and when it hath boiled a very little, stove your bread with your garnish, and serve.

40. *Pottage of Leeks with pease-broth.*

When they are blanched in fresh water, put them with your pease-broth, some capers, sampeire, purslane, and season them well, after they are sod, stove or soak your bread, garnish it with your Leeks, and serve.

41. *Pottage of Burts.*

Stove or soak your bread with the best of your broths, and garnish it with your Burts, fried in the pan, and put with ragoust, together with mushrooms,

mushrooms, capers, samphire cut small, and broken sparagus; then serve.

42. *Pottage of Rochets.*

Dress them, and put them in a pipkin, with a bundle of herbs, a little white-wine, and well seasoned; stove or soak your bread with other broth, and garnish with your Rochets with their sauce; then serve.

43. *Pottage of Lentilles.*

After they are well sod, and seasoned with butter, salt, and a bundle of herbs, take up, and serve.

You may put them upon the pottage with some oile, after they are salted.

## N O T E.

THE first Course in Lent is made ready the very same way, as at other times, except only, that no Eggs at all are used, neither to thicken, nor any other way; But to thicken, in stead of Eggs, you may take the flesh of Carp, or of Eele, which thickneth far better with Butter, then the Eggs do.

*Lentilles.*

A fter they are well sod, pass them in the pan with fresh butter, salt, pepper, nutmegs, cinnamon, mace, a few fine herbs, and chibols; when they are well fried, serve them.

You may serve them in pease-broth; if you find them hard to be strained, stamp them in a mortar.

They



They may also be served with *salat-oyle* passed in the pan.

### *Spinage.*

Take the whitest, and do not use the greenest, but for want of others, cleanse them well, and wash them several times, drain them, and cause them to cast out their water between to dishes, season them with half as much Butter as there are Spinage, beaten Cinnamon, Salt, Pepper, a Chibol, or an Onion stuck with Cloves; pass all in the pan, and stoye it in a dish covered; when you are ready to serve, you may put in some Nutmeg and Cream, otherwise serve them as they are.

Some boil them in water, but they are not so good, though you may make them ready alike afterwards.

### *Spinage Tart of three Colours.*

Take two handfuls of young Spinage, wash it well, then boil it, and put thereto some Cream, boiled with some whole Cinnamon, quarter'd Nutmeg, and a grain of Musk; then strain the Cream with the yolks of Eggs and Spinage into a dish with some Rose-water; then boil it over a Chafin-dish, keeping it by stirring from curdling; when your Tart is dried in the Oven, then put it therein in the Colours of Green, White and Yellow.

### *Apple-Tansy.*

Pare your Apples, and cut them into thin round slices, then fry them in good sweet butter; after this, take a dozen Eggs, sweet Cream, Nutmeg, Cinnamon, Ginger and Sugar, with a little Rose-water; beat these well together, and pour them on your Apples, and so fry them.

*Apples*

### *Apples fried.*

Pare your Apples, and cut them into round slices as far as the core; make some butter brown, and frie them with a little salt, beaten cinnamon, beaten ginger, and very little if any pepper at all; if you have some cream you may put some in, and serve after they have boiled one or two walms.

### *Apples with Sugar.*

Take Apples, cut them in two, take out the core, and prick them on the outside with the point of a knife; half fill your dish with them, with a little water, cinnamon, lemon-peel, butter and much sugar; Let them seeth leisurely with the lid of an oven, or a tourte pan, when they are enough, serve them sugar'd.

### *Prunes.*

Take them of *Tours*, or the common, wash and cleanse them well; after they are very clean, seeth them leisurely in a pot; when they are half sod, put in some sugar, and when the broth is ready to become syrup, serve.

If you will put in no sugar while they seeth, when the syrup is well thickned, bestrew them with sugar; and serve.

### *Advise.*

There are many, who will eat nothing but oile; Now for to take off the smell of oile, boil it with a crust of bread burned, and then you may serve it as butter.

### *18. Advise.*

**A**LL meat of the second service, as well as of the first, and intercourses of Lent, and the pastry work, are served the self same way, and with the same seasoning, as in the last daies of the rest

rest of the year, Eggs only excepted, which must not be used; therefore you shall endore your pastry work with the flesh of Pike stamped, or with melted butter; for saffron is naught.

**Y**OU will find in the Fast daies the way of making ready the entercourses for Lent, only these following are not there set down.

*Rissols.*

Take some remnant of hash of Carps, some Mushrooms, and Melts, mince all together, well fed with Butter and Cream, (if you have any,) season it with Nutmeg, Cloves and Mace, a very little, if any pepper and salt, a bundle of herbs, and boil it a very little, the better to thicken it, and use it for to make your Rissols with, which for to make well, take some puff-paste, spread it, and put your implements in it proportionably to the bigness you will make them of, moisten them about, cover them, and endore them with Butter, for want of flesh of Pike, after they are endored, put them in the Oven, and after they are baked, serve.

The small Rissols are made with fine paste, there must less than for a little Pie; after your sheets are made, fill them proportionably, moisten them about, and close them up, then throw them into refined Butter very hot, until they be fried, and yellow, take them out forthwith; and then serve them.

If you put in sugar, you must also put sugar on the top when you serve.

*Fritters*

*Fritters of Frogs.*

Chuse the finest and biggest, dress them cherry-like, that is to say, scrape the thighs of your Frogs, so that the bone be clean at one end, whiten them a very little, and dry them; make a paste with flowre, salt, milk, white cheese, of each a very little; stamp all in a mortar, and make it liquid, until it be like a paste for Fritters; take your Frogs by the bone end, and dip them in, and put them in very hot butter, fry them as Fritters, and serve garnished with fried parsley.

*Fritters of Spinage, Beets, Clary, Borrage, Bugloss or Lettice.*

After you have well washed your Spinage, put it into boiling water, it being thoroughly boiled, set it a draining in a Cullendar; having minced it very small, season it with Cinnamon, Ginger, grated bread, half a dozen Eggs beaten with the whites with some Cream, adding some boiled Currans, making your stuff indifferent thick; then fry it by spoonfuls, and serve it on a dish or plate with Sugar scraped thereon.

*Fritters in the Italian fashion.*

Take a pound of the best old Cheese you can get, and grate it, a pint of fine Flower, with as much Bisket-bread muskified, beaten to powder, the yolks of half a dozen Eggs, some Saffron, Rose-water, Sugar, Cloves, Mace, Cream, and make them into a paste that is stiff; then form them into balls, and fry them in clarified Butter.

*Fritters after the best fashion.*

Take good mutton-broth being cold, without any fat, and mix it with Flower, Eggs, Salt, Nutmeg, beaten with ginger, incorporate these well together;

*F* *them*



then take some Pippins, pare and core them, and cut them round, or square and dipping them in this Batter; fry them in clarified Butter, and strewing Sugar on them, serve them up.

18. *A Note of what may be served upon Good-friday.*

**P**ottage of Health, which is to be made with Sorrel, Lettices, Beets, Purslain, and a bundle of herbs; seeth all well with Salt, Butter, and the first cutting of a loaf; stove, and serve.

Pottage of pease-broth very clear, which to make, you shall put in a few herbs, some Capers, a bundle of herbs, and an Onion sticked with Cloves; when it is well sod, serve garnished with fried bread.

Pottage of Almond-milk, the making whereof you will find in the pottages for Lent.

Pottage of Turnips, pottage of Parsnips, pottage of Sparagus, pottage of Pumpkins.

Pottage of Prosteolles: For to make it, take five or six small loaves, open them at the top, and take out the crumb, then dry them near the fire, or make them brown in the pan with fresh butter; stove or soak them with broth made of purpose with mushrooms, pease-broth, onion sticked, all well seasoned, and before passed in the pan. Use this broth for to make your pottage, and garnish your dish with your dry bread, then fill it up with small ragouts, as trouffles, hartichokes, sparagus, and fried mushrooms, garnish the dish round

round about with pomgranate, lemon, and, if you will, besprinkle your pottage with the juice of mushrooms; then serve.

Pottage of Brocolis, they are the young sprouts of Coleworts. Seeth them with water, salt, pease-broth, butter, onion sticked, and a little pepper, stove your crust, garnish it with your Brocolis, and fill your dish with it; then serve.

The same broth may be made with milk, and garnished alike.

The pottage of Hops is made the same way as that of Brocolis, and is garnished alike.

The Queens pottage is made the same way as that of Lent, but that you make a hash of mushrooms, to garnish your bread with; after it is filled, and passed in the pan several times, garnish the top with pistaches, pomgranate, and lemons cut.

The Princesses pottage garnished with Fleurons, they are small pieces of puff-paste.

Pottage of Milk. Brown pottage of Onion.

Pottage of pease-broth garnished with Lettice, and broken Sparagus.

Pottage of Fidelles, or Tailladins garnished with fried paste. Pottage of Colliflowers.

Pottage of Rice garnished with a loaf dried.

Pottage of green pease. For to serve it, seeth them a very little, then stamp them in a mortar, and fry and season them as the other; then serve.

*Entree, or first Course for  
Good-Friday.*

**R**ed Beets, or red Parsnips, cut like dice, with brown Butter and Salt.

Red Beets with white Butter. Red Beets fried.

Red Carrots fried with a brown sauce upon them.

Red Carrots stamped and passed in the pan, with Onions, crumbs of bread, Almonds, Mushrooms, and fresh Butter, all well allayed, and seasoned.

Red Carrots fried with brown Butter and Onion.

Red Carrots cut into round slices, with a white sauce, with butter, salt, nutmeg, chibols, and a little vinegar.

White Carrots fried. Carrots in fried paste.

Carrots minced into Ragoust with Mushrooms.

Tourte of Pistaches. Tourte of herbs. Tourte of Butter. Tourte of Almonds.

Parsnips with a white sauce, with butter. Parsnips fried.

Serfisis with a white sauce, with butter.

Serfisis fried in paste. Spinage. Apples buttered. Apples fried. Pap of flowre. Pap of Rice, and Almonds strained. Prunes. Broken Sparagus fried.

Fricasses of hash of Mushrooms, Carrots, and Pistaches, well fed with butter, served warm, sugar'd and with Orenge-flowers.

Skirrets

Skirrets fried in paste. Skirrets with white sauce with butter.

Cahder of Beets. Cardons. Pumpkins' fried. Jerusalem Artichokes. Artichokes whole. Fidelles. Rice with Milk well sugar'd. Many do cause it to burst in water when it is very clean, and then put the Milk in it.

Others do seeth it in a double pot.

I that have tried it every way, hold it most expedient, that when it is well washed, and very clean, you dry it before the fire, when it is very dry, stove it with very new Milk, and take heed you do not drown it; seeth it on a small fire, and stir it often, lest it burn-to, and put in some Milk by degrees.

Mushrooms with Ragoust. Mushrooms with Cream. Mousserons with Ragoust, garnished with Pistaches.

Trouffles cut, with Ragoust, and garnished with pomgranate.

Sparagus with a white sauce.

Trouffles with short broth. Sallat of Lemon.

Salat sod, either of Succory or of Lettice.

Morilles with Ragoust, Morilles farced, Morilles with Cream.

Cream of Pistaches, Tourte of Cream of Almonds, Cakes of puf-paste.

Artichokes fried.

I have here inserted no discourse for the making these Services, because they are easie to be found in the discourses of Fish-daies, and of Lent, having recourse to the Table, where you may find them. And the precedent remembrance is but

to advise what may be served that day, wherein one serves but very little Fish, chiefly at great mens Tables.

*Entries, or first Courses, which may be made in Armies, or in the Field.*

*1. Turkie with Raspis.*

**W**hen it is dressed, take up the Brisket, and take out the flesh, which you shall mince with suet and some little of Veal-flesh, which you shall mix together with yolks of Eggs, and young Pigeons, and all being well seasoned, you shall fill your Turkie with it, and shall season it with Salt, Pepper, beaten Cloves and Capers, then you shall spit it, and turn it very softly. When it is almost roasted, take it up, and put it into an earthen pan with good broth, Mushrooms, and a bundle which you shall make with Parsley, Thyme, and Chibols tied together, for to thicken the sauce, take a little sliced Lard, pass it in the pan, and when it is melted, take it out, and mix a little flower with it, which you shall make very brown, and shall allay it with a little broth and some Vinegar; then put it into an earthen pan with some Lemon-juice, and serve.

If it be in the Raspis season, you shall put a handful of them over it, if not, some Pomgranate.

*2. Snails, how to dress.*

Take a quantity of Snails, and wash them very well in a great many waters, then put them into an

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an earthen pan or a wide dish, with as much water as will cover them; then set them over the fire, the heat thereof will force them out of their shells; then take them being dead, and wash them twice or thrice with water and salt, then put them into a Pipkin with water and salt, and let them boil a while; having purged them from their slime, take them out and put them into a Cullender, then take your best Sallet Oil and heat it well over a fire in a frying-pan, when it boils, slice three or four Onions in it, and let them boil a good while, then put in your Snails, and let them stew therein a little while; having so done, take them out and put them into a Pipkin with the Oil and Onions, adding as much fair water as will serve to boil them, and make your Pottage, not forgetting to season it with Salt, thus let it stew three or four hours; then take Parsley, Pernirial, Tyme, Fennel, with other sweet-herbs; mince them, then pound them in a mortar, mingling therewith some crumbs of bread, with Saffron and Cloves well beaten, and put them in the Pipkin, being enough, serve them upon Sippets with Lemon juice.

*3. Leg of Mutton after the Cardinals way.*

Take a Leg of Mutton, beat it well, and lard it with great Lard, then take off the skin, flower it and pass in it the pan with some Lard, and seeth it with good broth, a bundle of Parsley, Thyme and Chibols tied together, Mushrooms, or Beattilles well fried, and let the sauce be well thickned; then serve.

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4. Leg

4. *Legs or Knuckles of Veal after the Epigramme way.*

After they are well blanched in fresh water, flower them and pass them in the pan with melted Lard or fresh Seam; then break them, and put them in a pot well seasoned with Salt, Pepper, Cloves, and a bundle of herbs, put an Onion in with it, a little broth and a few Capers, then flower them with some paste, and cover them close with the pot-lid, seeth them leisurely thus covered for the space of three hours, after which, you shall uncover them, and shall reduce your Sauce untill all be the better thereby; put some Mushrooms to it, if you have any; then serve.

5. *Loin of Veal with Pickles.*

Beat it well, and lard it with great Lard, pickle it with Vinegar, Pepper, Salt, Spice, Clove, Lemon, Orange, Onion, and Rosemary, or Sage; after that, spit it, and roast it, and baste it with the sauce until it be roasted; When it is roasted, stowe it in the sauce, which you shall thicken with Chippings, or clean Flower allayed with broth, and shall garnish your dish with Mushrooms, Beef-pallats, or Sparagus; then serve.

6. *Ducks with Ragoust.*

Lard them with great Lard, and pass them in the pan, then put them into an earthen pan, or into a pot, and put therein some good seasoning of Salt, beaten Spice, Chibols, and Parsley, according to your pallat; seeth them well, and garnish with what you shall find to come nearest to the colour; then serve.

7. *Young Pigeons with Ragoust.*

Plume them dry, draw them, and pass them in the

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the pan with lard, or fresh seam, put them in the pot with good broth, and seeth them with a bundle of herbs; when they are sodden, garnish them with their livers, and with sweet-breads of Veal, let all be well seasoned with salt and spice; then serve.

8. *Young Hens in Ragoust.*

Take them after they are well mortified, and lard them with great lard, then pass them in the pan, after you have cut them into halves, put them in the pot with good broth and a bundle of herbs; season and seeth them well with trouffles, mushrooms, or some small pieces of roasted meat, to wit, of mutton or fresh pork, for to give them flavour; garnish them with their livers, pistaches, or lemon; then serve.

9. *To boil a Rump of Beef.*

Take a Rump or the little end of the Brisket, and parboil it, then put it into a deep dish, and slash it to let out the gravie, then throw on some pepper and salt between every slash; then fill up the dish with Claret-wine, adding thereunto four or five pieces of large Mace; then set the dish close covered on a Chafen-dish of Coles, there suffering it to boil near two hours, then scum off the fat, and put in more Claret-wine, with half a dozen Onions sliced, one handful of Capers or Broom-buds, half a dozen of hard Lettice sliced, three or four spoonfuls of White-wine Vinegar, and let it boil again with these Ingredients till the Beef prove very tender, then serve it up with brown bread and Sippets, fried with Butter.

10. *Pudding*

10. *Pudding in haste.*

Take a pint of Milk, and put therein an handful of Raisins of the Sun, with as many Currans, and a piece of Butter; then grate a Manchet and a Nutmeg, and put thereto an handful of Flower; when the Milk boils put in the bread, let it boil somewhat above a quarter of an hour; then dish it up on beaten Butter.

11. *White Puddings.*

Take the guts of Mutton; and scrape them, so that they be very clear, then take four pounds of fresh Pork-suet, and mince it very small; take also the brawn of two Capons, mince them as dust, and mix them with your suet, next put to it fifteen raw Eggs, one pint of Milk, the crumb of half a white loaf, season all well with the spice of Sausages, and a little Anniseed; the spice for Sausages is prepared thus; Take Pepper, Cloves, Salt, and Ginger, beat them well together, then pour all into the guts with a brass or white Latin instrument made for that purpose, and whiten them in Milk, and then on the gridiron with a fat paper under them; then serve.

12. *Sausages with the brawn of Partridges.*

After your Partridges are roasted, take the brawn of them, and mince it very small, take some fresh Pork-suet, four times as much as of minced meat, mix all together, well seasoned as the white pudding, put also some milk to it proportionably, and pour all into some mutton-guts, as the white pudding, which you shall also whiten in milk, and shall tie them at the ends; roast them leisurely upon some fat paper. If you will, you may pour it into the guts of a sucking Pig, or Turkie; then serve.

13. *An-*13. *Andouilles on Chitterlings.*

Take Caldrons of Veal, and mince them (or cut them small) with some Pork-suet, some lard, and some Pork-flesh, stew them all together in a pot; it being boiled and cold, you shall mix with it a little Milk, and some raw Eggs; then you shall pour it into the great gut of a Hog, with the same seasoning as the white pudding: Make some with half milk and half water; when it is made, roast it on the gridiron with a fat paper, and serve.

14. *Servelats.*

Take a Beefs gut, and scrape it well, take some lard, some pork, or mutton-flesh, or any other you will, and after you have minced it well, stamp it with pepper, salt, white-wine, clove, fine herbs, onion, and a little fresh pork-suet, then pour your implements into this gut, cut it into pieces according to the length of the Servelat, which you shall tie at the end, and shall hang it in the chimney. When you shall use them, seeth them in water, and about the latter end, put into it a little wine, and some fine herbs, when they are sodden, you may keep them one month; serve.

15. *Pullets pickled.*

Take your Pullets, cut them in two, and beat them, then steep them in Vinegar, well seasoned with salt and spice. When you will serve, flower them, or else make for it a small past with two raw Eggs, and a little flower allayed with these Eggs, fry them with melted lard or fresh sear; and after they are fried, put them in their pickle to soak a little; then serve.

16. *How*

16. *How to dress a dish of Tripes well and speedily.*

Your Tripes being tender boiled, make the sauce with beaten Butter, Pepper, Mustard and Wine-Vinegar; before you take them up, rub the dish with a clove of Garlick, then run the sauce over them with some bruised Garlick therein, and Wine-Vinegar.

17. *Bullocks cheeks stewed.*

Take out the bones, Balls of the Eyes, and the Rough of the Mouth; steep it well in fair water, and shift it often, being well cleansed from the blood and slime; take it out of the water and wipe it dry, then season it with Nutmeg and Pepper, and store of Salt; put them in an earthen pot, adding thereto a pint of Claret-wine, a little fair water, a few whole Cloves, and three or four whole Onions; then close up the pot, and let it stand six hours in the Oven, for it will require that time to bake it well; so serve it up on Toasts of fine Manchet.

18. *How to souce a Calves Head.*

Take your Calves Head, scald it, then bone it, then steep it in fair water about five or six hours, then dry it with a clean cloth, and season it with some Salt and Garlick bruised; then roul it up in a Collar, bind it close, and boil it in white-wine, water and salt; being boiled, keep it in the Sauce; serve it with Oile, Vinegar, and Pepper.

19. *Knuckles of Shoulders Olivier way.*

Break them, and blanch them in fresh water, and wipe them; after they are flowred, pass them in the pan with lard, or fresh sear. When they are

are well fried, put them in the pot with very little broth, and put a bundle of herbs with it, a little Onion fried with Mushrooms, Capers, Kidneys, and Beef-pallats, all well seasoned with Salt, Spice, or Pepper, cover them with the lid, and make a piece of soft paste for to close up the pot, lest it doth take vent, put it on some few coals, and seeth them leasurely; then serve.

20. *Piece of Beef after the English, or Chalon Fashion.*

Take a piece of Beef, of the Breast, and seeth it well; when it is almost sodden, take it up, and lard it with great lard, then spit it, with a pickle under it in the dripping-pan. The pickle is made as for the loin of Veal; with this pickle you shall baste it with a bundle of Sage, if it sticks not fast to the spit, take some sticks, and tye it at both ends. After it is roasted, take it off, and put it into an earthen pan, then soak it with its pickle, untill you are ready to serve. Garnish it with what you will, with Capers, or Turnips, or with both together; or with Beef-pallats, or Parsley, or with the pickle it self, so that it be well thickned; then serve.

21. *Breast of Veal stewed.*

Let it be of a Veal very white and fat, put it in the Oven in an earthen pan, and underneath some sheets of lard, and season it, then cover it, until it hath taken colour, and that it be more then half baked: Afterwards fry into it some Mushrooms, Pallats of Beef, Capers, and sweet-breads, so that they may mix, and make an end of baking together.

22. *Partridges with Ragoust.*

Dress them, and stick them with three or four lardons



lardons of great lard, then flowre them, and pass them in the pan with lard or fresh sear, then seeth them in an earthen pan, until the moisture consume well, and season them well with salt and spice. When you will serve, take some lard, and beat it in a mortar, mix it with your Ragoust, and serve.

### 23. Neats tongue with Ragoust.

Lard it with great lard, then put it in the pot, seeth it, and season it with a sharp sauce; when it is almost sodden, let it cool, stick it, spit it, and bake it with its Ragoust; until it be roasted, and after you have taken it off, stove it in its sauce with a little Onion stamped, a little lard and a little vinegar; then serve.

### 24. Neats Tongues and fresh Udder in stoffado.

Take your Tongues, and season them with Pepper, Salt and Nutmeg, then lard them with great lard, and steep them all night in Claret-wine, Wine-Vinegar, slic't Nutmegs and Ginger, whole Cloves, beaten Pepper and Salt; let them be put in an earthen pot or pan, covered up close, bake them, and serve them up on Pine Molat, or french bread, and the spices over them with some sliced Lemon and Sauages, or without.

### 25. Neats Tongues baskt.

Let your Tongues be tender boiled, and then blanched, slice them into thin slices, about the breadth of a shilling, fry them in sweet butter; then put to them some Mutton-gravy, or else strong broth, some beaten Clove, Mace, Nutmeg, Salt and Saffron; stew them well together, then have some yolks of Eggs dissolved with Grape-Verjuice, and put them into the pan, giving

ving them a tofs or two, the Gravie and Egges being sufficiently thick, dish them on Sippets.

### 26. Neats Tongues stewed.

Make a hole in the but-end of the Neats-tongue, and mince it with some fat Bacon, season it with some Nutmeg, Salt, the yolk of an Egg, minced sweet-herbs, and grated Parmisane, or Holland Cheese, and some Pepper; mingle these together, and fill the Tongue therewith, then wrap it in a Caul of Veal, and boil it till it will blanch; then put it in a Pipkin with some Claret-wine and Gravy, Cloves, Mace, Salt, Pepper, some grated bread, sweet-herbs chopped small, fried Onions, Marrow boil'd in strong broth, and laid over all with slic't Lemon, run it over with Butter, and serve it up in Sippets.

### 27. To macinate Neats Tongues, or any other Tongues.

Take Neats Tongues, Heifers, Calves, Sheeps, or any other Tongues, and boil them till they will blanch; then lard them or not, as you shall think fit, and put them into a Barrel; then make your Pickle of whole Pepper, slic't Ginger, whole Cloves, and large Mace, then put in a bundle of sweet-herbs, as Rosemary, Thyme, Bay-leaves, Sage-leaves, Winter-Savory, sweet Marjoram and Parsley; observe to boil the spices and herbs before you put them into the Cask in as much White-wine and Wine Vinegar as will fill it, adding thereto some Salt and slic't Lemon, close up the Vessel when the Liquor is cold, and so keep them for your use; serve them with the Liquor and Spices, not forgetting slic't Lemon and Sallet Oil.

### 28. Porks

28. *Porks Tongues with Ragoust.*

Take them fresh, and pass them in the pan with lard, then seeth them well in a pot, and season them with sharp sauce; when they are almost sodden, you shall mix into them an Onion stamped, Truffles, dry Meal, and a little White-Wine, and shall soak them in their own broth; when they are sod, serve.

29. *Mutton Tongues with Ragoust.*

Take many of them, and after they are well sodden, flower them, and pass them in the pan, soak them with good broth, and pass in them a little Onion, Mushrooms, Truffles, and Parsley, all together, well seasoned with Salt and Pepper, Nutmeg, Cloves and Mace, according to your Palate, with a little Verjuice and Vinegar; then serve.

30. *Rump of Mutton with Ragoust.*

Take it sticking to the joint, lard it over with great lard, and seeth it with a piece of Beef; when it is half sodden, take it up, flower it, and pass it in the pan, then put it in an earthen pan with good broth, and season it well with Mushrooms, Capers, Samphire, Beef-pallats, (put into the broth some Oyster liquor) cover it, and let it seeth well; then serve.

31. *Leg of Mutton after the Danbe.*

Lard it well with great lard, then put it in the pot with water, and season it well; when it is almost sod, put to it some White-wine proportionably, and make an end of seething of it with fine herbs, Lemon or Orange peel, but very little, be reason of their bitterness; when you will serve it, garnish the brims of the dish with parsley, and with flowers.

32 *Turkie*32. *Turkie after the Danbe.*

It is done after the same way as the Leg of Mutton, except that you must bind it fast before you set it a seething, plentifully garnished with Salt, and all kind of Spice, the same seasoning, white-wine, &c. Serve it with parsley.

33. *Cive of Hare.*

Take a Hare, cut it into pieces, put it in the pot with some broth, seeth it well, and season it with a bundle of herbs, good store of large Mace, and Salt; when it is half sodden, put a little Wine to it, and put into it a little flower with an Onion, and a very little Vinegar; serve it with green sauce, and readily.

34. *Breast of Mutton in Aricot.*

Pass it in the pan with butter or melted lard, then put it in the pot with broth, and season it with Salt; when it is half sodden, pass also in the pan some Turnips cut in two, or otherwise, mix them together, without forgetting a little lard, fried with a little Flower, an Onion minced very small, a little Vinegar, and a bundle of herbs; serve with a short sauce.

35. *Neats Tongue roasted.*

Let your Tongue be tender boiled, blanched and cold, then cut a hole in the but-end; then mince the meat you take out with sweet-herbs and a couple of Pippins chopt very small, with the yolks of Eggs slic't, and some Beef-suet finely minc't with beaten Ginger & Salt, fill the Tongue, and stop the whole withn a Caul of Veal, then lard and so roast; let your sauce be made of Butter, Gravy, Nutmeg and the juice of Lemons; garnish the dish with slic't Lemon, Lemon-peel, and Barberries.

G

36. *Neats*



36. *Mince & Pye of Neats Tongue.*

Take a fresh Neats Tongue, boil, blanch and mince it; then take four pound of Beef suet and mince it by its self, mingle them together; and season them with an ounce of Cloves and Mace beaten, some Salt, half a preserved Orange, and a little Lemon-peel minced with a quarter of a pound of Sugar, four pound of Currans, a little Verjuice and Rose-water and a quarter of a pint of Sack, stir all together, and fill your Pies,

37. *Loin of Lamb with Ragoust.*

Roast it, then put it into an earthen pot, with a little broth, Vinegar, Salt, Pepper, Clove, and a bundle of herbs; a little searced Flower, Mushrooms, Lemon, Orange-peel, and all being well soaked together, serve.

38. *Loin of Veal with Ragoust.*

Cut it into Ribs, flower them, and pass them in the pan with lard, then put them in the pot, and stew them with a little broth, Capers, Spagagus, Truffles, and when all is well soaked, serve.

39. *Piece of Beef after the Daube.*

After it is half sodden, lard it with great lard, and put it to seeth again with the same broth if you will; then after it is well sodden and seasoned, not forgetting the wine, serve as the leg (cut shoulder wise.)

40. *Leg of Mutton after the Legats way.*

After you have chosen it well, beat it well, take off the skin and the flesh of the knuckle, whereof you shall cut off the end; lard it with mean lard, flower it, and pass it in the pan with lard or fresh sear. When you see it very brown, put it in the pot with one spoonful of broth well seasoned with Salt,

with Salt, Pepper, Clove, and a bundle of herbs; you may put in Capers, Mushrooms, Truffles, cover it with a lid closed up with flower, neither too soft, nor too hard, allayed in water, and seeth it on a few coles the space of three hours. When it is sodden uncover it, and garnish it with what you have to put it, as Kidneys, Bottoms of Artichokes, sweet-breads, and a short sauce, and about the dish lay cut Lemon, or Pomgranate, Barberries and grapes.

41. *Piece of Beef after the Marotte.*

When it is almost sodden, laid it with great lard, then make a Pasty of brown paste of the bigness of your piece of Beef well seasoned of all what you will; and garnished alike with Capers. After it hath been seething a vety long while with broth; pass into it an Onion and Garlick stamped; then serve.

42. *Loin of Mutton roasted.*

After it is well roasted, take off the skin, cover it with salt, crumbs of bread, minced parsley, grated nutmeg, and orange-peel, minced very finely; then pass it in the pan before, not on the fire; then serve it with verjuice, caper-liquor, and some oyster-liquor, and parsley about the dish.

43. *Piece of Beef, and Loin of Mutton after the natural.*

Take a piece of Beef from the Shambles, powder it with a little salt, not too much, lest you may have occasion to use the broth; seeth it well, and take off what hath been salted, as the skin: if you will, salt it again, and powder it with small salt; serve with parsley, or fried bread about the dish, and sometimes with small pies, or some thickning of Ragoust;

The Loin of Mutton after the Natural is done as the piece of Beef; when it is well sodden, take off the skin, powder it with salt, garnish the dish about with parsley, and serve it warm.

44. *Capons boiled and larded with Lemon.*

Take a large Capon, truss him and boil him apart in fair water with a little small Oatmeal, then take Mutton broth, and half a pint of White-Wine, a bundle of herbs, whole Mace, season it with Verjuice, put Marrow Dates, and season it with Sugar; then take preserved Lemons, and cut them like lard, and with a larding-pin lard it in, then put the Capon in a deep dish, thicken your broth with Almonds, and pour it on the Capon.

45. *Pig dressed a-la mode de Paris.*

Spit your Pig and lay him to the fire, when it is through warm skin it, cut it into at least twenty pieces; having so done, take some White-Wine and strong broth, and stew it therein with an Onion or two cut very small, a little Thyme minced with Nutmeg sliced, with Pepper, Anchovies and Elder-Vinegar, some Gravy with a very little sweet Butter, thus dish it up in the same liquor it was stewed in, with Pine Molet sliced under it, and Oranges and Lemons over it.

46. *Pig after the Daube.*

After it is well dressed, cut it into five parts, then pass on it a little of great lard, and put it with broth, white-wine, fine herbs, onion, and being well seasoned with salt and other ingredients, serve it with parsley about the dish.

The short sauce remains with it in a gelee to serve cold; you may put to it some Saffron, if you will.

47. *Goose*

47. *Goose after the Daube.*

Lard it with great lard, and seeth it well, then put to it a pint of white-wine, and season it well with all what is fitting for a Daube. If you will pass it on the gridiron, and serve, cut into four, with a *Sauce Robert* over it, you may.

48. *Goose with Ragoust.*

Take a Goose, cut it into quarters, after it is well beaten, flowre it, and pass it in the pan, then seeth it with some broth, season it with all kinds of spice, and with a bundle of herbs, garnish it with all its giblets, which are the liver, gizzard, wings and neck; let the sauce be short and thickened, with yolks of Eggs allayed in Verjuice; then serve.

49. *Teales with Ragoust.*

After they are dressed, lard them with middle lard, pass them in the pan, and soak them with well seasoned broth, then put them in again with a little lard and flowre, onion, capers, mushrooms, truffles, Pistaches, and lemon-peel all together; then serve.

50. *Turkie with Ragoust.*

Cleave it, and beat it, then stick it, if you will, with great lard, flowre it, and pass it in the pan, and then soak it in an earthen pan with good broth, well seasoned and garnished with what you will; seeth it to a short sauce, and serve.

51. *Pig with Ragoust.*

After it is dressed, take off the skin if you will, then cut it into four, flowre it, pass it in the pan, being well seasoned for the rest; garnish it with Capers, Truffles, Mushrooms, and serve it with a short sauce.

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52. *Loin*

52. *Loin of Veal with Ragoust.*

After it is well beaten, lard it with great lard, and spit it, then when it is half roasted, soak it with good broth, and make a thick sauce with flower and onion fried, garnish with mushrooms, hartichokes, sparagus, truffles, and its kidneys sliced; serve.

53. *Beef a-la-mode*

From a Buttock of Beef, cut some thereof into thin slices as broad as a Saucer; then hack them with the back of a knife, lard them with small lard, and season them with Pepper, Salt and Nutmeg; then make a farcing with sweet-breads, Tyme, Onions, the yolks of hard Eggs, and Beef-suet minced; work these together, and lay it on the slices, and roll them up round with the Caul of Veal, then bake or roast them; then put them into a Pipkin with some Saffron and Butter, blow off the fat from the Gravy, and add thereto Artichokes, Potato's or Skirrets blanched, being first well-boiled, a little Claret-wine, and serve them on Sippets with sliced Lemon.

54. *Sheeps-feet fricased.*

Take Sheeps-feet, slit the bones, and pick them very clean; then put them into a frying-pan with a Ladleful of strong broth, a piece of Butter, and a little salt, having fried a while, put thereto a little Parsley, green Chibols, a little young Speer-Mint and Tyme, all shred very small with a little beaten Pepper; being almost fried, make a lea for them with the yolks of Eggs, some Mutton Gravy, a little Nutmeg and juice of Lemon squeezed thereon, and so serve them.

55. *Larks*55. *Larks with Ragoust.*

After they are dressed, draw them, crush down their stomachs a little, flower them and fry them with lard; after they are very brown, stove them, and season them with Capers and Mushrooms; you may put in them some Lemon-peel, or some juice of a Leg of Mutton, or some Orange, or a bundle of herbs, take off the fat, and serve with what you have to serve.

56. *Liver of Veal fried.*

Cut it into very thin slices, then pass them in the pan with lard or butter, well seasoned with salt, pepper, beaten cloves and mace, onion minced very small, and one drop of broth, vinegar, or verjuice of grapes; and for to thicken the sauce, put therein some chippings of bread well searced; you may serve it without soaking, lest it should harden, with capers, sampeire, mushrooms, and garnished about the dish with what you have.

57. *Cals-feet and Sheeps-trotters with Ragoust.*

After they are well sodden flower them, and pass them in the pan with lard, or fresh seam; then stove them with a little broth, a little verjuice, a bundle of herbs, a piece of Lemon, and some flower searced; all well seasoned, and the sauce short; mix some Capers and Sampeire cut small with a knife with it, and serve.

The Sheeps-trotters are done the same way, after they are well sodden, and the worm taken away, flower and fry them with lard or fresh seam, and soak them with a little broth and verjuice, a bundle of herbs, a piece of Lemon, and flower searced, all well seasoned, and a short sauce, mix some Capers and Sampeire with it, then serve.

58. *Fat*

58. *Fat Tripe with Ragoust.*

After it is very white, and well sodden, cut it very small, fry it with lard, parsley, and chibols, and season it with capers, vinegar, flower fried, and an onion; soak it, and serve.

You may also another way, mix with it yolks of Eggs and Verjuice for thickning.

*Another way.*

Take it very fat, cut it and powder it with salt, and crumbs of bread, rost it on the gridiron, and season it with Verjuice of Grapes or Vinegar, or juice of Orange, or of Lemon; then serve.

59. *Pullets fried.*

After they are dressed, cut into pieces, and well washed, boil them in good broth, and when they are almost sodden, drain them, and then fry them: After five or six turns, season them with salt and good herbs, as Parsley, Chibols, &c. allay some yolks of Eggs for to thicken the sauce, and serve.

60. *Neats-feet larded and roasted.*

Take Neats-feet boil'd, cold and blanched, lard them whole, and rost them; being roasted, serve them with Venison-sauce made of Claret-wine, Wine-Vinegar, and Toasts of Household-bread, strained with the wine through a strainer, with some Cinnamon and Ginger beaten, put it in a Pipkin, and boil it with a few whole Cloves, stir it with a sprig of Rosemary, but make it not too thick.

61. *Tripes hot out of the Pan or Pot, how dress.*

Having boiled them very tender, make your sauce of beaten Butter, Gravy, Pepper, Mustard and Wine-Vinegar, rub the dish with a Clove of Garlick

Garlick, and dish them therein, then run the sauce over them, with a little bruised Garlick and Wine-Vinegar.

62. *To fricasse Calves Chaldron.*

Take a Calves Chaldron half boiled, and when it is cold, cut it into small bits, about the bigness of a Walnut, season it with beaten Cloves, Salt, Nutmeg, Mace, and a little Pepper, an Onion, Parsley, and a little Tarragon, all shred very small, then fry it with butter and strong broth; being fried, put it into a lear of Mutton-gravy, juice of Lemon, yolks of three or four Eggs with a little Nutmeg, give it a toss in the pan, and so serve it.

63. *Young Pigeons fried.*

After they are well scalded, cut them into pieces, and pass them in the pan with lard and butter, half one, half other, when they are well fried, throw into it chibols, parsley, sparagus, pepper, salt, beaten cloves, besprinkle them with broth well seasoned, and serve them whitened, or not.

64. *Olives of Veal.*

For to make them, take some Veal, cut it into small slices, and beat them well with the knife-haft, mince all kinds of herbs, Beef or Mutton-suet, and a little lard, and when they are well seasoned, and allayed with raw eggs, roll them among those slices of flesh, for to seeth them in an earthen or tourtre pan; when they are sodden, serve them with their sauce.

65. *Fricasse of Veal.*

Take some Veal, and cut it into thin slices, flower them a very little, and pass them in the pan, and season them with salt, with an onion stuck with

with cloves, then soak them with a little broth and the sauce being thickned, serve.

66. *Fillet of Veal with Ragoust.*

Lard it with great lard, spit it, and roast it a little more than half; soak it with a little broth, and a bundle of herbs, and cover it well; when it is sodden, serve with a sauce thickned with chippings of bread, or with flowre and an onion; serve it garnished with Truffles and Mushrooms.

67. *Shoulder of Veal with Ragoust.*

Blanch and flowre it, then pass it in the pan, when it is very brown, stove it in an earthen pan, when it is almost stewed, season it with a bundle of herbs, all kinds of Beatilles, Mushrooms, fry into it a little flowre, a little onion minced, and a little Vinegar, then serve.

68. *Shoulder of Mutton with Ragoust.*

Beat it well, and take off the skin, then flowre it, and pass it in the pan with butter or melted lard, then soak it with good broth, a bundle of herbs, and a few Oysters cut small, and good seasoning; garnish it with what you have, among other things, with Capers, Sampeire, and serve.

69. *Breast of Veal fried.*

After it is blanched, seeth it in a great brass pot, or in another pot; it matters not if it doth seeth with other meat; after it is sodden, open it in two parts, and make a liquid paste with a little flowre, eggs, salt, and a little parsley, then wet it with this seasoning; next fry it with fresh sear, or melted lard; when you have taken it out, throw over it one handful of very green parsley, and very dry, that is, searced in the pan with butter very hot, and very brown, serve.

70. *Loin*

70. *Loin of Kid with Ragoust.*

When it is well stuck, spit it, and when it is half roasted, baste it with pepper, vinegar and a little broth; thicken the sauce with some chippings of bread or chippings searced; then serve.

71. *Breast of Veal farced.*

Mince some Veal with Beef-suet and sweet-herbs, seasoned with some Cloves, Mace, Nutmeg, Pepper, two or three raw Eggs and Salt; then prick it up, the Breast being filled at the lower end, and sew it between two dishes with some strong broth, White-wine and large Mace; then an hour after, have sweet-herbs stript and pickt, and put it into your broth with some marrow, and give it a walon, then dish up your Breast of Veal on fine Sippets, broth it and lay on it slic't Lemon, Marrow, Mace and Barberries, and then run it over with beaten butter.

72. *Breast of Veal boiled.*

Take a Breast of Veal and joint it well, parboil it a little, then put it in a stewing pan or a deep dish, with some strong broth and a bundle of sweet-herbs well bound up, some large Mace, and some slices of interlarded Bacon, two or three Cloves, some Capers, Samphire, Salt, some yolks of hard Eggs and white-wine: Stew all these well together, and being boiled tender, serve it on fine carved Sippets, and broth it: Then have some fried Sweet-breads, Pork-sausages, a little Garlick, and then run it over with beaten Butter, Lemon and fried Parsley.

73. *Small ribs of Mutton with Ragoust.*

Slice them, then beat and flowre them, then pass them in the pan, after they are fried, put them



them with good broth and Capers, and all being well seasoned, serve.

#### 74. Beef a-la-mode.

Beat it well, and lard it with great lard, then seeth it in a pot with good broth, a bundle of herbs, and all kind of spices, and when all is well consumed, serve with the sauce.

#### 75. Beef after the Estoffade.

Cut it into very thin slices, and being well beaten, flowre them, and pass them in the pan with lard; then put them in an earthen pan, or in a pot with good broth, all well seasoned; serve with a short sauce.

#### 76. Young Rabbits with Ragonst.

You may fry them as Pullets, or pass them in the pan with a little flowre mixed with butter, then soak them with good broth, and season them with Capers, juice of Orange or Lemon, and a bundle of herbs or Chibol; serve.

#### Another way.

After they are roasted, cut them into pieces, pass them in the pan, and soak them in a dish with juice of Orange, Capers, a few chippings of bread; let the sauce be sharp and short; serve.

#### 77. Loin of Pork with Sauce-Robert.

Lard it with great lard, then roast it, and baste it with Verjuice and Vinegar, with a bundle of Sage. After the dripping is fallen, take it to fry an Onion with, which being fried, you shall put under the Loin, with the sauce wherewith you have basted it. All being a little soaked together, lest it may harden, serve. This Sauce is called *Sauce-Robert*.

#### 78. Rack

#### 78. Rack of Pork Carbonadged.

Take off the skin from your Rack of Pork, and cut it into steaks, then salt it, and strow on some Fennel-seed whole, and broil it on a soft fire, being thoroughly broiled; serving it on Wine-Vinegar and Pepper.

#### 79. Partridges bashed.

Take four brace of Partridges and roast them being cold, mince them very fine, the brawns or wings, and leave the legs and rumps whole; then put some strong Mutton-broth to them, grated Nutmeg, a couple of Onions, some Pistaches, Chestnuts and Salt; then stew them in a large earthen Pipkin, but stew the legs and rumps by themselves, then take a six-penny french white loaf, and cover your dish therewith, having first steeped the Sippets in Mutton-gravy, then pour the Hash on the bread, and lay the legs and the rumps on the Hash with some fried Oisterr, Pistaches, Lemon slic't, Chestnuts and yolks of Eggs strained with juice of Orange, and Butter well beaten together, and with this run over your Hash.

Thus you may Hash any kind of Fowl, appertaining either to Land or Water.

#### 80. Partridges after the Estoffade.

Lard them with great lard, and pass them in the pan with butter or melted lard; when they are very brown, put them in the pot with good broth, and seeth them, well seasoned. For the garnish, you shall have Truffles, Mushrooms, fried Spargus, wherewith you shall soak them; serve with Lemon and Pistaches. If the same be not thickned enough, take a little flowre, or of your thickenings, and do not thicken it too much, lest it be too thick.

#### 81. Capon

## 81. Capon with Oysters.

After your Capon is dressed, and larded with lard, and with butter'd paper over it, roast it, and as it rosth, put under it a dripping-pan; after you have well cleansed your Oysters, you shall blanch them, if they are old, when they are well cleansed pass them in the pan with what is fallen from your Capon, and season them with Mushrooms, Onion stuck, and a bundle of herbs. After they are well fried, you shall take out the bundle of herbs and the rest, you shall put it in the body of the Capon, which you shall stowe with a few Capers; then serve.

## Or thus, A Capon with Oysters.

Take your Capon and draw it, and wash it very clean, then take your Oysters, and wash them clean from the gravel with white-wine Vinegar, then take a loaf and grate it, and mince some Spinage and sweet herbs finely, put these to your Oysters; then season them with a little beaten Pepper, Nutmeg, Salt, and an Onion minced, then break three or four new Eggs to them, mix these together, and stuff your Capon with it, and when it is at the fire, put into the dish underneath a little Claret-wine, some Capers, and Samphire cut smal, and a good quantity of large Mace, baste your Capon with this, till it be almost enough, then take it from under the Capon, and take off the fat, then thicken it with the yolks of two Eggs, and a peece of sweet Butter, and put to it some Orange-peel, minced suet, with scalded Parsley; and serve.

## 82. Capon stewed.

Take a good bodied young fat Capon, draw and truss

truss it, and lay it in soak two or three hours with a Knuckle of Veal well jointed, then boil them in a large pan; when it boils scum it, and put therein five or six blades of Mace, three or four pieces of Ginger slic't, some Fennel and Parsley-roots well scrap't, with some Salt. When the Capon is tender, boil'd take it up, and put it in other warm broth; put to your souc'd broth a quart of White-wine, and boil it to a jelly; then take it off, and put it into a large Pickin, put your Capon to it with a couple of slic't Lemons, and cover it close, serve it at your pleasure, garnish it with Lemon and some of the jelly.

## 83. Hare Hash.

Take your Hare and flea it after it is drawn, then cut it in pieces, and wash it very clean in Claret-wine and water, from the liquor, and parboil the quarters, then take them and slice them, and put them in a dish with the legs, wings, and head whole; cut the Chine into three pieces, and put to it three large Onions, and some of the liquor in which it was parboil'd, stew it between two dishes close covered till it be tender, and put to it some Mace, Pepper and Nutmeg; serve it on fine carved Sippets, and run it over with Beaten Butter, Lemon and Marrow.

## 84. Young Ducks with Ragoust.

After they are dressed, pass them in the pan with butter or lard, then soak them in an earthen pan with good broth, and a bundle of herbs, all well seasoned; when they are well ladden, and the sauce well thickned, put in it Capers, Mushrooms, Truffles, and serve.

## 85. Tongues

85. *Tongues of Mutton fried with Ragoust and Fritters.*

Take your Tongues, cleave them in the middle, then pass them in the pan with butter or melted lard, and season them well, then put them into a dish with Verjuice and Nutmeg; afterwards take a little flower and allay it with an Egg, and the sauce which is under your Tongues, which you shall pour into these preparations, fry it with melted lard, or fresh scam; after it is fried, throw into the pan one handful of Parsley, and have a care that it may remain very green; serve them dry; or with a pickle, and the rest of your sauce.

86. *Liver of Veal with Ragoust.*

Lard it with great lard, and put it in a pot well seasoned with a bundle of herbs, Orange-peel and Capers; and when it is well sodden, and the sauce thickened, cut it into slices, and serve.

87. *Steamed Pullets.*

Cut them very small, and seeth them with a little broth, white-wine, and very new butter, season them with chibols, and parsley minced together; when they are sod, allay some yolks of eggs, with some verjuice for to thicken the sauce, and serve.

88. *Calves-head fried.*

After it is dressed and sod, you shall take out the bones, then you shall make a liquid paste with Eggs well seasoned; dip this Head into it, and fry it with fresh scam; after it is well fried, powder it with Salt, juice of Lemon or Verjuice; then serve it with fried Parsley.

89. *Calves-head soured.*

First scald the Head and bone it, then steep it  
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six hours in salt water, then dry it with a clean cloth, and season it with some Salt and bruised Garlick; then roul it up in a Collar, bind it close, and boil it in white-wine, water and salt; being boiled, keep it in that souce: serve it in the Collar, or in slices, with Oil, Vinegar and Pepper.

I can assure you, many curious Pallats have been puzzled to distinguish what it is.

90. *Calves head roasted.*

Cleave the head, and take out the brains, & steep them and the head in salt water, made warm three or four hours, shifting them as often, cleansing the head and brains; then boil the brains, and thereof make a pudding, by adding to them grated bread, beef-suet minced small, some minced Veal and Sage; season the Pudding with some Cloves, Mace, Salt, Ginger, Sugar, five yolks of Eggs and Saffron; fill the head therewith, then close it up and bind it fast with pack-thread; and so spit it, bind on the Caul about the Head with some Pudding round it; as it roasts, save the Gravic, and blow off the fat, and then put the Gravic to the Head, with a little White-wine, a slice of Nutmeg and a piece of sweet Butter; the juice of an Orange, Sale and Sugar; then strew on the Head some grated bread, minced Lemon-peel and beaten Cinnamon.

91. *Liver of Veal sticked.*

Stick it very thick with Lardons, then spit it, and make a pickle under it; wherewith you shall baste it as it doth roast, to the end that the pickle may turn it self into a sauce; after it is roasted, serve it with Capers, and serve.

You may use Veal Liver for to thicken Tabecs;



and at other times for to make gray pudding.

92. *Turkey Giblets.*

Blanch them in fresh water, and seeth them with good broth, when they are almost sod, pass them in the pan with lard, and good seasoning; let the sauce be short, and serve.

93. *Shoulder of wild Boar with Ragout.*

Lard it with great lard, then put it into a Kettle full of water, with salt, pepper, and a bundle of herbs; take heed you do not season it too much, because the broth must be reduced to a short sauce. When it is more than half sod, you shall put to it a pint of white wine, cloves and a bay leaf, or a twig of rosemary; when when it is well sod, and the sauce short, you shall thicken it, which for to do, you must melt some lard, and fry a little flower in it, then put to it an onion minced very small, give it a turn, or two in the pan, and pour it into your sauce, which you shall stowe with capers, and mushrooms; after all is well seasoned, serve.

94. *Legs of Roebuck or wild Goat.*

They may be done as the shoulder of Wild Boar; as also the loin and the shoulder, or else after you have larded them with great lard, you may pass them in the pan likewise with some lard and flower, after which you shall seeth them with broth, and shall thicken the sauce alike.

95. *Pig farced.*

Take him from under the Sow, bloud him in water ready to boil, scald him, cut him between the thighs, take off the skin, the tail, the feet, and the head, then let them steep till you have use for them; let the body alone, you will find it afterwards

afterwards well enough, for to farce it, take some Veal and Beef-liver, stamp them well after the way of *Godiveau*, then fill the skin with it, with Mushrooms passed in the pan, young Pigeons, sweet-breads, a bundle of fine herbs, and with all what you have, until it hath the shape of a Pig, sew up what is open, truss it up, and blanch it in water, ready to spit. An hour and an half before dinner, spit it through the head, wrap it up with buttered paper, and tie it at both ends with splinters of wood, and as it is roasting, baste it with butter. When it is roasted, take off the paper and the thread, so that it may not seem to have been farced, then serve.

The body of this Pig being flayed, blanch it but very little, stick it well, and roast it as if it were whole, or like a Lamb; when it is roasted, you may serve it with a green-sauce.

96. *Pig roasted with the hair thereon.*

Take a Pig and stick him, then straightway draw out his Guts, Liver and Lights very clean at the Vent, having wiped him, cut off his feet and truss him, and prick up the belly close, to lay him to the fire, be careful you scorch him not, being a quarter roasted, the skin will rise up in blisters from the flesh, then pull off the skin and hair, being flayed, cut slashes down to the bones, baste it with Butter and Cream, then bread it with grated white Manchet, Currans, Sugar and Salt mix together, and thus apply basting upon dressing, till the body be covered an inch thick, being thoroughly ready, draw it, and serve it up whole, with sauce made of Wine-Vinegar, whole Cloves, whole Cinnamon and Sugar boiled to a Syrup.

## 97. Calves-feet fried.

After they are well sod, cut them very small, and pass them in the pan with lard or butter, after three or four turnings, put to it chibols, and parsley minced together. Immediately after put into it a very little broth, and season all well. When it is ready to serve, allay some Eggs proportionably to your meat; as for four feet, three eggs, with verjuice of grapes, or common; you may use gooseberries in stead of verjuice of grapes, then your sauce being short, mix your thickning with it, and serve.

Sheeps Trotters are done the same way, take them very white, and well sod, cut them very small, and take out the worm which is in them, then fry and season them with Parsley and Chibols minced together, make your thickning as above said; mix it and serve.

## 98. Mutton Tongues roasted.

Flay them and cut them in the midst, then drip them, that crumbs of bread, and fine salt may stick on them, and put them on the gridiron; make a sauce with a little broth, new butter, chibols and whole parsley, a few chippings, salt, pepper, nutmegs, all passed together in the pan, then Soak the Tongues with the sauce; when you are ready to serve, garnish your plate or dish, if it is in winter, with capers, lemon juice, or mushrooms; then serve.

*Another way.*

After they are sod, season them, and slit them in the middle, then fry them with a liquid batter. Serve with lemon juice, and fried parsley; then garnish.

*Another**Another way with Ragoust.*

Cleanse them well, take off the pallats, and cut them in the midst, put also on them crumbs of bread, and small salt, roast them, and after they are roasted, put them in the dripping-pan under the roast-meat, then put on them some sweet-herbs very finely minced, and some lemon-peel with some beaten nutmeg, make a sauce with parsley, chibols, or onion minced small, fresh butter, and verjuice of grapes; and when you are ready to serve, allay the yolks of eggs in your sauce, and pour it on your Tongues; then serve readily.

*Another way.*

Take your Tongues half sod or roasted, flay them, then soak them in a pot with some broth, and pass them in the pan with melted lard, a little meal, some minced onion, all well seasoned, serve them garnished with what you have, among the rest, with minced capers, with a short sauce.

*Another way.*

After your Tongues are roasted and sticked, serve them soaked in a short sauce, thickned as above, or else you may soak them with a sweet sauce.

## 99. Mutton Legs farced.

Mince the meat with Beef-suet or Bacon, sweet-herbs, Pepper, Salt, Cloves, Mace, and two or three cloves of Garlick, raw Eggs, some Chestnuts, work these up all together, fill the Leg and prick it up, then either boil it or roast it, make sauce with the remainder of the meat, and stew it on the fire, with Gravic, Chestnuts, Pistaches or Pine-Apple-seed, bits of Artichokes, Pears, Grapes or Pippins, and so serve it.

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*Another.*

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*Another excellent way.*

Take either Veal or Mutton, and mince either of them with Beef-suet, Parsley, Tyme, Savory, Marigolds, Endive, Spinage, to these put some grated bread, grated Nutmeg, Currans, five or six Dates, Sugar, yolks of Eggs, Rose-water and Verjuice: then stew, fry or bake them, and serve them up on Sippets with Verjuice, Sugar and Butter, in like manner you may dress Fish Fowl or any sort of Flesh.

### 100. Achis of Roast-meat.

The Achis of roasted meat, be it Gallinasse, or other, is thus made. After you have taken up the skin, cut the shoulder near the handle, take out the bones out of the handle, and put the skin before the fire; you also shall take out the spine bone, and mince the meat very small with Capers and Parsley, which being done, soak it with a chibol or an onion sticed, all well seasoned; and to the end that your Achis be the more dainty, put in it a little crumb of bread and new butter, if you will, put it into a dish or on a plate, and besprinkle it with its own juice, or with some other, and the skin over it, then serve; you may garnish it with Pomtragare, Lemon, or boiled bread.

The Achis of Partridge is done the same way, except that you may feed it with juice, and garnish it with what you will think fit.

### 101. Hasset.

Take a fillet of Veal, cut it into very thin slices where there is no strings; stick your slices with lardons, and bake them in a tour-pan covered, then

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then soak them with a little broth thicken your sauce, and serve them garnished.

### 102. Achis of raw meat.

Take what meat you will, take out the strings, mince it well, blanchd or not, mince it with twice as much Beef-suet near the Kidney, having taken out the string; then, when all is well minced, and well seasoned, allay it with broth, and stow it; you may garnish with Chestnuts, or what you shall have fit to garnish with; when it is sod, serve it with fat.

### 103. Pompeton.

Take flesh of Veal, and Beef, or Mutton-suet mince them well together, and season them, mix some Eggs with it to bind the farce, and then cut three or four bards of lard, over which you shall spread your minced flesh, which you shall cover with young Pigeons, Beatills, Sweet breads, Sparagus, Mushrooms, yolks of Eggs, Kidneys, Combs, Hartichokes, and over all that, you shall yet put some flesh, and all being well seasoned, bake it; then serve.

### 104. Tourt of Lard.

Take some Lard, cut it, and melt it between two dishes, season it like the Marrow tourt, which you shall find in the next Article; when it is baked, then serve.

### 105. Tourt of Marrow.

Take some Marrow, and melt it, after it is melted, fry it, and mix it with Spgar; yolks of Eggs, Pistaches, or Almonds stamped; next make a very thin sheet of fine paste, on which you shall lay your implements, raise the sides if you will; bake it, and serve it sugar'd.

106. *Tourte de Lyon*

Take a pound and quarter of Almonds, blanch and beat them into fine paste in a stone Mortar, with Rose-water; then beat the white breast of a cold roasted Turkie minced, and beat with it a pound of lard minced with the Marrow of half a dozen bones, & a pound of butter, the juice of four Lemons, two pound of hard Sugar; having finely beaten them, slice a whole green piece of Citron in small slices, a quarter of a pound of Pistaches, and the yolks of eight or ten Eggs, mingle all together; then make a paste for it with cold Butter, Eggs and cold water.

107. *Tourte of Tongues*

Take a fresh Neats-tongue, boil it tender, and blanch it, being cold, cut into small square bits, larding each bit with small lard, then take another Tongue, blanch it and mince it with Beef-suet, then lay the one half into your paste, and thereon lay your Tongue larded and finely seasoned with Nutmeg, Pepper and Salt, then with the remaining minced Tongue mix grated bread, some yolks of raw Eggs, Sweet-herbs minced small and made into balls, as big as Wall-nuts, to these add Chesnuts, Marrow, large Mace, Barberries, slices of interlarded Bacon and Butter, and close it up, being baked, liquor it with Verjuice and beaten Butter.

108. *Tourte of young Pigeons*

Make your paste fine, and let it rest; then take your young Pigeons, cleanse and blanch them; if they are too big, cut them, and take *Gaudiveaux*, Sparagus, Mushrooms, bottoms of Hartichokes, Beef-marrow, yolks of Eggs, Carduus, Beef-pallars, Truffles

Truffles, Verjuice of Grapes or Gooseberries; garnish your Tourte with what you have, without forgetting the seasoning; then serve.

109. *Tourte of Veal*

Take a piece of Veal, blanch it, and mince it with twice as much Beef-suet, after it is well seasoned, make a sheet of fine paste, put your meat on it, in the middle of which you shall put what you have, as *Beauilles*, &c. Sugar it if you will, and when it is baked, serve.

110. *Pie of Capon without bones*

After you have taken out the bones, farce it within with all kinds of *Beauilles*, and *Ovillers*, Mushrooms, Truffles, Marrow, Capers, *Cardes*, Sweet-breads, and *Gaudiveaux*; when it is farced, dress it upon fine paste, bind it above with butter'd Paper, tie it with a thread, and cover it well seasoned; when it is baked, serve.

111. *Pie of Gaudiveaux*

Dress up your paste into an Oval, garnish it with your *Gaudiveaux*, in the midst of which you shall put all kind of garnish, as Mushrooms, the Livers of fat Capons, *Cardes*, yolks of hard Eggs, Sweet-breads, and season all well, bind it at the top with paste, and when it is baked, serve with a sauce of Verjuice, yolks of Eggs and Nutmegs.

112. *Pie of Alette*

Take some flesh of Veal and Beef, or Mutton-suet, make with them a kind of *Gaudiveaux*, then dress up your paste very neatly half a foot high, and fill it with a bed of Flesh, and over it another bed of Mushrooms, another of *Cardes* or *Cardeaux*, or of young Pigeons, Beef-pallars, Kidneys, and yolks of Eggs, so that the upper bed be of your *Gaudiveaux*.

*Gaudiveauux*, cover and season it; then serve.

113. *Pie after the Marone.*

Take some Rye flower, which you shall take make your paste with it, and make it up in the shape of a Pie; then take a hare or two, or two joints of Mutton, with a little Beef-suet, which you shall mince together very small, and season it; then make up your Pie, on the top of which you shall leave a vent; after it hath been baking three hours, take it out, and fill it with good broth, put it into the Oven again, and when it quite baked, serve.

114. *Pie after the English fashion.*

Take a Leveret, or a Hare, mince it well with Beef, or Mutton-suet, or with the brawn of Capon, mix all well together, and season it, put in it if you will, Capers and Sugar, make your paste thus; after it is flowered, spread it, and plate it in to three or four doubles, as a Napkin, laying some new Butter on each bed of the paste, so that to one pound of paste, there be half a pound of Butter proportionably. After it is thus made, let it rest a while, and then make up your Pie, which you shall garnish at the outside with butter'd paper; bake it well, endore it with the yolk of an Egg, and serve.

115. *Tourt of Partridge or Capon.*

Your Partridge or Capon being roasted and minced very small, with as much Beef-marrow, put thereunto two ounces of Orangado, with as much green Citron, both minced small, season the meat with a little beaten Cloves, Mace, Nutmeg, Salt and Sugar; mix all these well together, and bake it in Puff-paste, when it is baked, open it,

and put in half a grain of Amber-greese, dissolved in a little Rose-water and the Juice of Oranges, stir all together upon the fire, then cover and serve it to the Table.

116. *Pies after Cardinal's way.*

Make up your Pies very high and very narrow, fill them up with *Gaudiveauux*, and cover them so, as the lid be also very high; then serve them, specially for a garnish to a piece of Beef, or upon a plate.

117. *Pullet with Ragoust in bottle.*

Take all the bones out of a Pullet, put the skin thereof into a bottle without osier, and leave without the overture or hole of the neck, which you shall tie to the neck of the bottle, then make what Farce you will, with Mushrooms, Truffles, Sweet-breads, young Pigeons, Sparagus, and yolks of Eggs, wherewith you shall fill up the Pullet or Capons skin, which you shall tie up, and let slip into the bottle, which must be stopp'd with paste; seeth your Ragoust well seasoned in the great pot, out of which you shall take it, a little before you serve, and stow it before the fire, and when you are ready to serve, cut this bottle with a Diamond, so that the bottom may remain full and whole; then serve.



## The way of dressing and serving Meats for the Second Courses.

### NOTE.

*Garnish your dish with Flowers according to  
the Season and Convenience.*

#### 1. The Pheasant.

**W**hiten it on the fire, that is, plump it on the Gridiron, and leave it one wing, the neck, the head, and the tail; stick it with lardons, and wrap up what is more with butter'd paper; roast it, serve, and unwrap it.

The Hen, and the *Rouge* are done the same way.

#### 2. Pheasants, how to feed them.

Take wheat and mingle it with some water, and give unto the Pheasants thereof thrice a day; that is to say, morning, noon, and night; this will feed them effectually. If you intend them very fat, then take very fine-drest wheat-meal, and mingling it with milk, make it into a paste, and as you knead it, sprinkle in the corns of wheat among it; then make into small pellets, and dipping them in water, give to every fowl till his gorge be well filled, continue so doing as often as his gorge empties; thus feed Partridges, Quails, and Wheatears.

#### 3. The Turtle Dove.

When it is dressed, stick it, and spit it.

#### 4. The Leveret.

After it is flayed, whiten it on the fire, endorse it

with its blood, stick it, and spit it; when it is dressed, serve with a *Poirade*, or with a sweet-sauce.

#### 5. Partridges Halibed.

Take two or three brace of Partridges, and having roasted them, set them to cool, then mince them, and stew them in a Pipkin with some Mutton-broth, preserve the Legs, Pinions and Rumps, stewing them a part, in your broth let there be an Onion or two, with a grated Nutmeg, being enough, cover the bottom of the dish with french bread sliced and chipped, then pouring the hash on the bread, lay the Legs, Rumps and Pinions thereon, with fried Oysters, and sliced Lemon, strewing thereon the yolks of Eggs, drained with juice of Orange and beaten Butter.

#### 6. The Quail.

After it is dressed, blanch it on the fire, and lard it with a lard of lard, which you shall cover with Vine-leaves in their season; when it is roasted, serve.

#### 7. The Partridge.

After it is dressed and blanched on the fire, you must stick it well, roast it, and when it is roasted, serve.

#### 8. The Capon.

After it is dressed, if it be exceeding fat, cover it with a fat paper, and put into it an Onion stuck, with Salt and a little Pepper, when it is roasted, serve.

#### 9. Young Pigeons roasted.

As they come out of the Dovecoat, blood them in water, then scald and dress them; you may cover them if you will with Vine-leaves, or stick them, when they are roasted, put a *poirade* under them, and serve.

10. *Cram'd Pullers.*

You must plume them dry, dress them, and blanch them on the fire, then stick or blanch them, roast them, and serve.

11. *Turkie.*

It must likewise be plumed dry, blanch it on the fire, roast it, and serve.

12. *Young Ducks.*

Dress them, and blanch them on the fire, and if you will, stick on them four little roses of lard done upon the four joints; when they are roasted, serve with a *Contraide*.

13. *The Wild Pigeon.*

After it is well dressed, stick it, spit it, and serve.

14. *Cockereels.*

Dress them, and blanch them on the fire; then stick and roast them, and serve.

You may serve them dry, or with a sauce made with water, salt, peppers, and chibbols minced.

You may also serve them with Ragoust, as the Sea-Hen, of which hereafter, in the Article 54.

15. *Lamb.*

If it is fat, after it is roasted, throw on it the crumbs of bread, with a little salt, and parsley, if you will, and serve.

16. *Tales.*

After they are well dressed, spit them, and when they are roasted, serve them with Orange.

17. *Gooseling.*

As it comes from the old Goose, scald and dress it, cut off the neck close to the body and the legs, and after it is blanched on the fire, and trussed up, set it a roasting, and make a farce to put under it, with its liver, and store of good herbs minced together, which you shall pass in the pan with lard

lard or butter, and some yolks of Eggs, all well beaten, and serve.

18. *Sauce for Gooselings.*

Take the juice of Sorrel minced with scalded Gooseberries served on Sippets with Sugar, and butter, on each fill their bellies with Gooseberries, and to roast them; then mingle the Gooseberries with Sugar, Butter, Verjuice, and Cinnamon, and so serve them up.

19. *Pigeons broil'd.*

Truss your Pigeons, and put them into a Pipkin with some strong broth, having boil'd, scum it, then put in some Mace, sweet-herbs, white Endive, Marigold-flowers and a little Salt, being enough, serve them on Sippets.

20. *Rabbins or Chickens bashed.*

Boil them in water, and salt; then take Turnips, cut them in slices, and after cut them like Lard an inch long, but small, a good quantity, putting them into a Pipkin with a pound of Butter, three or four spoonfuls of strong broth, with a little Wine Vinegar, some Pepper and Ginger, Sugar and Salt; thus let them stew leisurely with some Mace about two hours, being enough, put them on Sippets, running them over with Butter, Cream and yolks of Eggs beaten up together.

21. *Young Wild Bear.*

Take off the skin as far as the head, dress it, and whiten it on the fire, cut off the four feet, stick it with lard, and put in the body of it a Bay-leaf, or some fine herbs; when it is roasted, serve.

22. *Young Rabbins.*

Dress it, whiten it on the fire, stick and roast it with Verjuice under it, and serve.

After



After it is roasted, you may put some Salt, little Pepper, and juice of Orange in the body of it, and stir all well together, then serve.

23. *The Thrush.*

After it is pulled, truss it up, and blanch it, stick it and spit it, put a tost under it, and a sauce with Verjuice, a little Vinegar, Onion, and Orange-peel; then serve. So is the Fieldfare done.

24. *The Ray.*

It is done as the Thrush, without drawing it, serve.

25. *Young Partridges.*

Dress them, and blanch them on the fire, stick them with lardons, roast them with Verjuice under; then serve.

26. *Young Quails.*

They must be covered with Vine-leaves in the season.

27. *Young Turkeys.*

Pull them warm, let them rest, then dress them, and blanch them on the fire, stick them and roast them; then serve.

28. *Pheasant.*

After it is pulled, truss it up, and blanch it, then lard it, and roast it; serve it with a sauce and tost under it.

29. *Loin of Stag.*

Take off all the skins, stick it, and spit it; serve it with a Poivrade.

The Filler is done up like the Loin with Poivrade.

The Loin of Roebeek is also done the same way.

30. *Orrolan.*

After it is dressed, truss it up, and barde it with lard.

Lard, and Vine-leaves over it in the season; (in the Spring it must be drawn) after it is roasted, serve.

31. *Fieldfare.*

Dress it as the Thrush above, numb. 18. and with the same sauce.

32. *The Woodcock.*

When it is pulled, truss it with its bill, which is instead of a prick, whiten it on the fire, and stick it, roast it with a tost under it, in the way of a Poivrade, with the juice of Orange; then serve.

The Snipe is done after the same way.

33. *Another way for the Snipe.*

Dress it as the Orrolan, only that some do draw them, which is very fitting at any other season but Winter, because these birds, in the Spring, Summer, and Autumn, live on nothing but Caterpillars, Ants, Lice, Herbs, or leaves of Trees, but howsoever, drawn or not, cover it with Vine leaves in the season, spit it and roast it, so that it be not too dry, and serve.

34. *Woodcocks roasted.*

Make choice of such Woodcocks as are newly killed; pull and truss them, then lard them with broad pieces of Bacon pricked over the breast; being roasted, serve them on Tosts dipt in Verjuice, or the juice of Orange.

35. *Woodcocks roasted after the English fashion.*

Draw, wash and roast them, baste them with Butter, but be sure to save the Gravic, when enough, bread them with bread and flower, and serve them on Tosts with Gravic, some will not draw them, but roast them with the Guts, of which afterwards they make their sauce.

37. *Wood.*

36. *Woodcocks or Snipes boiled.*

Boil them in water and salt, then take out the Guts and chop them small with Liver, mingling therewith some crumbs of grated bread, a little of the Cock-broth, some large Mace, and stew them together with some Gravy; then dissolve the yolks of two Eggs with some Wine Vinegar, and a little Nutmeg grated, being ready to dish them up, put thereto your Eggs with Sippets, running all over with beaten Butter, Capers and Lemon minced small.

37. *The Stockdove.*

After it is dressed, whiten it on the fire, stick and roast it, with a Poivrade under it, and serve.

38. *Loin of Veal.*

After it is mortified, and blanched, stick it very thick, roast it and make a Ragoust with Verjuice, a little Water, a little Vinegar, Orange-peel, and chippings of bread, then serve it well seasoned.

39. *Pig sticked.*

Take off the skin, cut off the head, and the four feet, whiten it in warm water, and stick it, or if you will, bard it half; when it is roasted, serve with crumbs of bread, and salt upon it.

40. *Wild-Goose.*

After it is dressed, blanch it on the fire, and lard it only on the quarters like a little rose; roast it and serve.

The tame Goose is done the same way.

41. *Water-Hen.*

After it is pulled, draw it, blanch it on the fire, stick and roast it with a Poivrade under it, and serve.

42. *Capon*42. *Capon with Watercresses.*

Bard it with lard and roast it, season your Cressses with Salt and Vinegar, or otherwise dead in the Capon sauce with a little Vinegar; then serve.

43. *Sucking Pig to the natural.*

Take it from the Sow, scald it, dress it, and roast it with a bundle of herbs, salt and pepper in the body of it; then serve.

*Another way.*

Take it also from under the Sow, bloud it in water ready to boil, and when it is scalded, empty it at the side, truss up the fore-feet towards the neck, and those behind with a prick, blanch it in warm water, and slice it on the body; to roast it, put into the stomach of it an onion sticked with cloves, fine herbs, a little butter, salt, and a little pepper, then sew up the overture, or hole, and roast it. That you may not be troubled with basting of it, rub it with oil-Olive, thus he taketh a good colour, and the skin is very tender; when it is well roasted, serve garnished with flowers.

You may baste it with salt and water, or else rub it with some lard.

*Another way.*

Take it and spit it, and lay it down to the fire, and when your Pig is through warm, skin her, and cut her off the spit as another Pig is, and so divide it in twenty pieces more or less, as you please; when you have so done, take some White-Wine and strong-broth; and stew it therein, with an Onion or two minced very small, a little Tyme also minced; with Nutmeg sliced and  
I 2  
grated

grated, Pepper, some Anchoves and Elder Vinegar, and a very little sweet Butter, and Gravic if you have any, so dish it up with the same Liquor it is stewed in, with french bread sliced under it, with Oranges and Lemons.

44. *White-tails.*

Pull them and leave them their heads, and draw them, truss up their legs like the Woodcocks, then whiten them on the fire, and stick them, or if you will in little roses on the thighs; when they are roasted, serve with a Poivrade under.

45. *Heron.*

Pull it, and draw it; then seek out six Galls which are on the body of it, and a seventh which is within, truss up the legs along the thighs, blanch it on the fire, and stick it, wrap up the neck with butter'd paper; then roast it, and when its roasted, serve.

46. *Chine of Hare.*

After you have taken off the skin, and emptied him, cut him chine-way, that is, as far as the shoulders, then take off three skins which are on't, then truss it up behind, stick and roast it, and serve with a Poivrade.

47. *Hare Hashed.*

Take an Hare and cut him to pieces, then take water and wine and wash off the hairs therewith, then strain the liquor and parboil the quarters; having so done, put the Chine as it is cut in pieces with the legs shoulders and head whole into a dish, adding thereto three whole Onions, with some of the liquor in which it was parboiled, and so stew them, then add some Pepper, Nutmeg, Mace, and serve it on Sippets.

48. *Shoulder*48. *Shoulder or loin of Boar.*

After you have beaten it well, take off the Venison of it, which is commonly called the Lard; then stick it, roast it, and serve it with a Sauce Robert, or with a Poivrade.

As for the Loin, lard it with great lard, and pass it in the pan with fresh seam and flowre, then seeth it with broth and water in a great earthen pan or kettle; season it well, and when it is almost sod, put into it a pint of white-wine, and all being reduced to the proportion of a saute, you may serve it under the shoulder, or if you will serve it dry, it must be more sharp.

49. *Tame Pork.*

You may disguise it near hand like the wild Boar, that is, after you have beaten it well, you shall endore it with blood, and a while after stick it; and spit it, not forgetting well to endore the feet with blood before it be roasted; serve it as the Boar, with sauce or without it.

50. *Faun of a Hind.*

Before it be mortified too much, dress it very neatly, truss it up, and take off some skirts which are on it, and look like slime; then blanch it on the fire for to stick it, so that it be not too much blanched, because it would put you to too much trouble to lard it; take heed also lest you burn the head, or lest the hair of it become black, spit it, and wrap the head with butter'd paper; when it is roasted, serve with a Poivrade.

51. *Faun of Roe buck.*

Dress it as above written, truss it up, and lard it, wrap up the head also with butter'd paper, and

and when it is roasted, serve it with a Poivrade, Orange, or sweet-sauce.

### 52. Filles of Roe-buck.

After you have stuck it, rost it wrapped up with butter'd paper, after it is roasted, serve it with a poivrade.

### Another way.

You may lard it with mean lard, and stick it on the top with smaller lardons; when it is at the spit, make a pickle under it, and after it is roasted, stove it, and serve.

### 53. Breast of Veal farced.

Take it white and fat, and let it steep in water till your Farce is ready, which you shall make thus: Take off the flesh of a Fillet of Veal, Beef-suet, crumbs of bread boiled, Capers, Mushrooms, a few fine herbs, and yolks of Eggs; mince all together well seasoned, and farce the breast with it; which being done, close it up with pricks, or sew it up, and blanch it in warm water; this is to serve it boiled.

For to rost it, put into your farce pallats of Beef and other things, and fill it not so much as to boil, after you have stuck it, and spitted it, make under it what Ragoust you will; after it is roasted, and the sauce well seasoned, soak it with it, and serve.

### 54. Breast of Veal farced otherwise.

Take some Veal and mince it well, and mingle therewith some Beef-suet minced also with sweet-herbs chopt very small, season them with Cloves, Mace, Nutmeg, Pepper, three raw Eggs and Salt, then prick it up after you have filled the breast at the lower end; this being done, stew it with white-

white-wine and large mace between two dishes, an hour after put thereto sorrel, parsley, and sweet marjoram bruised with some beef-marrow, giving it a walm or two, then dish it up on fine sippets, broth it, lay on sliced Lemon, and lastly run it over with beaten butter.

### 55. Leg of Veal farced.

Leave only the skin and knuckle whole together, taking out all the meat, then mince it with some Beef-suet and sweet-herbs, seasoning it with Pepper, Nutmeg, Ginger, Cloves, Salt, a little Garlick, yolks of Eggs hard and quarter'd, Pine-apple seed, Pistaches, Chestnuts and pieces of Artichokes, fill the Leg herewith, and sew it up, then boil it in two Gallons of water with some white-wine, being almost boiled, put some of the broth into a Pipkin, with Chestnuts, Pistaches, Pine-apple-seed, Marrow and Mace, and stew them well; the Leg being boiled, dish it up, broth it herewith, putting fried sippets round about it, and run it over with beaten butter.

### 56. Loin of Mutton.

To serve it with Ragoust, in Steaks, or whole, you must pass it in the pan with butter or melted lard, being flowered, then soak it with broth, a bundle of herbs, and Capers, season it with Pepper, beaten Cloves and Mace, and Salt, and to thicken the sauce, fry a little flower with some lard; and when the flower is brown, put to it a minced Onion, and a drop of Vinegar; let all soak together, and serve garnished with what you have. You may rost it stuck with parsley, and when it is roasted, serve it dry, or with Verjuice of Grapes, put three or four Anchoves in a little

Claret-wine, and dissolve them over the fire; and put them in your sauce.

57. *Loin of Mutton another way.*

After it is well mortified, lard it with great lard, and spit it; make a pickle with Onion, Salt, Pepper, a very little of Orange or Lemon-peel, broth and Vinegar; after it is roasted, soak it with sauce, which to thicken you shall use a little flowre passed in the pan with some lard, as in the precedent Article; garnish it with what you have, Capers are good for it, and some Anchovies. You may give it the thickning of Turnips strained, serve.

58. *Rib of Beef.*

Take a Rib of the first piece well interlarded with very white fat, spit it, when it is almost roasted, take up the fillet, and baste it with a little broth. For to make your Ragoust, cut it into very thin slices, with two or three chibols, whole or otherwise, Salt, Pepper, a few chippings of bread, or any thickning you have; then mix all together, and soak it without covering, serve the Ragoust with a little Vinegar, or juice of Leg of Mutton, you may mix it with what you have; have a care that the Rib of Beef be not black with too much roasting.

59. *Neats Tongue fresh.*

Seeth it, dress it, stick it, and roast it on the spit, after it is roasted, cut it along in the midt, and serve with such Ragoust as you will.

*Another way.*

Soak it with a little wine, sugar and clove, untill the sweet-sauce be made; and if it is not strong enough, put in it a drop of Vinegar; then serve.

60. *Neats*

60. *Neats Tongue stewed.*

Take a Neats Tongue being tenderly boiled and well blanched, and slice it into thin slices, as big and as thick as an half Crown, fry it in sweet Butter, then put to it some Mutton-gravie, beaten Cloves, Mace, Nutmeg, Salt and Saffron; having stewed them well together, put to them some yolks of Eggs dissolved in Grape-Verjuice; give them a toss or two, the Eggs and Gravie being pretty thick, dish them up.

61. *Leg of Mutton after the Royal way.*

Take a good Leg of Mutton, big and short, beat it well, take off the skin, and take out the knuckle-bones, flowre it, and pass it in the pan with lard or fresh seam, then seeth it with a little broth well seasoned with Mushrooms, Truffles, and Beattilles, when it is almost sod, fry a little flowre with an Onion, a drop of Vinegar, and a little beaten lard, soak all together, serve with a short sauce, and garnish with Pomgranates, or Lemon sliced.

62. *Leg of Mutton farced.*

You shall find the way of farcing it in the discourse of Pottages; after it is farced, soak it with good broth and a bundle of Herbs, fry into it flowre, Mushrooms, and steaks, for to garnish, seeth well all together, and thicken the sauce well, with what sharpness you will, Lemon, Orange, or Verjuice, serve garnished with what you have over your small steaks.

63. *Hens or Pullets roasted.*

Take either Hen or Puller, so that she be full of Eggs, draw it and roast it, being enough, break it up, and mince the brauns into small slices, leave the

the wings and legs, and rump whole, stew all in the Gravy with some Salt, add therunto a minced Lemon; being enough, let the meat lie in the middle of the dish with the legs, wings and rump about it, garnish the dish with Oranges and Lemons quarter'd.

64. *Fat Hen.*

After you have made a good choice, dress it, cut off the extremities of it, and lard with mean lard; after it is flowred, pass it in the pan with lard or fresh sear, then soak it with good broth, and season it, when it is almost enough, fry into it Mushrooms, fat Livers, a little flowre, and an Onion stuck with Cloves; after all is well sod, and the sauce well thickned, you may serve it garnished with Pomgranate.

*Another way.*

You may farce it with Oysters, or with young Pigeons, and with all other Beattills, seeth it the same way, and garnish with what you have; then serve.

*Another way.*

Cut it in half, pass it in the pan, season it, and garnish as before; then serve.

*Another way.*

After it is sticked or covered with a paper over the barde, rost it; when it is well roasted, powder it with crumbs of bread and small salt; then serve it with *poor man's sauce*, Verjuice or Orange, and in winter with cresses.

65. *Batteurs de pave.*

To put them with Ragoust, cut off the head and the feet, after they are dressed, lard them with mean lard, flowre them, and pass them in the pan with

with butter or melted lard, then soak them with broth well seasoned, a bundle of herbs and Mushrooms; fry into it a little Flowre and Onion, and after that all is well soaked, serve with a sauce thickned with what thickning you will.

66. *Shoulder of Veal roasted.*

After it is well blanched in water, or on the fire, which will be the fitter and better, stick or bard it with lard, or if you will, as it roseth, baste it with butter, after it is roasted, strew on it crumbs of bread, and small salt, and serve.

You may serve it roasted with a Poivrade.

67. *Chine of Veal boiled.*

Take a Chine of Veal, and stew it in some strong broth, white-wine and Caper liquor, slices of interlarded Bacon, Gravy, Cloves, Mace, whole Pepper, Sausages of minced meat without skins or little balls, some Marrow, Salt and some sweet-herbs well pickt and bruised, put them to your broth a quarter of an hour before you dish your Chine, and give them a warm or two, then dish up the Chine on french bread; broth it, and run it over with beaten Butter and slice of Lemon.

68. *Geese how to salt.*

Take a fat stubble Goose and bone it, leaving the breast-bone, then wipe it very clean; after this, salt it one fortnight, and hang it up for another; then boil it in running water very tender, and when you serve it up, let it be with Bay-leaves.

69. *Liver of Veal.*

Lard it with mean Lard, then stick it, warm the spit about the place where it ought to remain, and as it doth rost, baste it with a Poivrade, compounded



compounded of chibols, salt, onion stuck, pepper, and a little broth; after it is roasted, soak it in the sauce, then serve it whole, or in slices, and let the sauce be well thickned, with what thickning you will.

70. *Larks.*

Roast them stuck or barded with lard; after they are roasted, if they are barded, bestrew them with crumbs of bread, and small salt, and serve.

71. *Wild-Duck.*

You may put it the same way as the *bassein de pave*, and with what garnish you will.

You may also roast and serve it with a *Poivrade*.

## N O T E.

All other sorts of meats may be put in *Ragoust*, as Beef, Mutton, Lamb, Pork, any part of it as you please. Kid, Hind, or wild Boar; but you must take care to appropriate them, and do in such manner as they may have a good taste.

*The way of making ready some Sauces.*

**T**He Sauce called *Poivrade* is made with Vinegar, Salt, Onion, or Chibols, Orange, or Lemon-peel, and Pepper; seeth it, and serve it under that meat, for which it is fitting.

The Green-sauce is made thus. Take some green

green Corn, burn a tost of bread, with Vinegar, a little Pepper and Salt, and stamp all together in a mortar, and strain it through a linnen cloth, then serve your sauce under your meat.

The sauce for the young or old Rabbit, After they are roasted, you put some Salt and Pepper in the body, with some Orange-juice, and stir all well together.

For young Partridges, Orange, or Verjuice of Grapes.

Another sauce for the Thrush and the Rayle, is to put some tosts under the spit, and when your Birds are almost roasted, you take away your tosts, and set them apart, and take Vinegar, Verjuice, and Pepper, and Orange-peel, boil altogether, Salt, having put in your tosts, serve.

The Fieldfare, and the Woodcock are served with tosts, and a *Poivrade* under.

The Plover is served with a sauce made with Verjuice, Orange or Lemon-peel, a drop of Vinegar, Pepper, Salt, and chibols, not forgetting tosts.

The Snipe will have the same sauce.

The Stock-Dove with a *Poivrade*.

Pig and Lamb with a green sauce.



*Inter-courses, or Middle-courses for  
Flesh-days.**1. Ears and Feet of Pork.*

**A**fter they are well sod, pass them in the pan with butter or melted lard, and a little onion, and season them well; soak them in a little pot with a little broth, and when the sauce is well thickned, put to it a drop of Vinegar, with some mustard, if it be in season, and serve.

*2. Entrée de Table.*

Take young Chicken-peepers, the yolks of hard Eggs, the bottoms of boil'd Artichokes, sweet-breads of Veal, Lambstones blanch'd, and put them into a Pipkin, with Cocks-stones and Combs, and knots of Eggs, add to them some strong broth, white-wine, large Mace, Nutmeg, Pepper, Butter, Salt, Marrow, and stew them together softly.

Then parboil some Gooseberries or Grapes, and mingle them with Butter, Potato's, Skirrets or Sparagus, and some boil'd Pistaches, these being well stewed, dish your Fowls on carved Sippers, and pour on your Sweet-breads, Artichokes and Sparagus on them with your Grapes and slic'd Lemon, running all over with beaten Butter.

For variety sake, you may put some boil'd Cabbage, Lettice, Colliflowers, balls of minced meat, fried Almonds and Calves Udder.

*3. Staggs Feet.*

After they are well dress'd, seeth them in a pot,

pot, and when they are well sod, soak them with Wine, next pass them in the pan with some lard, all being well seasoned, then soak them again between two dishes with a little onion, and good broth, and when the sauce is very short, serve.

*4. Venison Pastie.*

If the flesh of it be hard, beat it, take off the upper skins, and lard it with great lard, seasoned with Salt, Pepper, Vinegar, and beaten Cloves. If it be to keep, make your paste with Rye-meal, without Butter, Salt, and Pepper; bake your Pie for the space of three hours and a half, after it is bak'd, stop with paste the hole which you have left for to give it vent, and serve it in slices.

*Slice of Pastie.*

The manner is to seek out the side, where the lard is most seen, and being cut very thin to serve it.

*5. Pastie of Gammon.*

Water it well, and when it is unsalted enough, boil it a little, and take off the skin, then put it in brown paste as Venison, and season it with Pepper, Clove, and Parsley; If you will be ruled by me, you shall also lard it as Venison; bake it proportionably to its bigness; if it is thick, five hours, if it is less, less time will serve; after it is cold, serve it in slices.

*6. Trouffes with Ragoust.*

Peel them very neatly, so that no earth may remain on them, cut them very thin, and fry them with a little lard, or if it be salt day, with Butter, and a little Parsley minced; and a little broth; when they are well seasoned, soak them, so that the sauce be a little thickned, and serve.

serve them on a plate garnished with Pomgranate and Lemon, if you have any, with flowers and leaves.

### 7. Truffles.

Wash them well in Wine, seeth them with gross Wine, a little Vinegar, Salt, and Pepper in abundance, put an indifferent good quantity of large Mace, and Cinnamon into it also; after they are well sod, let them rest in their broth, that they may take salt, they serve them in a napkin fouled or not.

### 8. Truffles after the natural.

After they are well washed in Wine, seeth them with Salt and Pepper, Mace and Cinnamon, and when they are well sod, serve them in a fouled Napkin, or on a Plate garnished with Flowers.

### 9. Frayzes of Beatilles.

Take your Beatilles, which are Combs, Stones, and the Wings of young Pidgions, seeth them well, and after they are sod and seasoned, drain them; take some Eggs, whereof you shall take out more then half the whites, beat them, and when they are well beaten, put them into your Beatilles very clean; then take out some lard, and cut it into pieces, pass it in the pan, and with your melted lard, or even with the pieces if you will, make your Frayze very thick, and not too much fried, and serve.

### 10. Venison, a side or half haunch, how to bake to be eaten hot.

Take a side of a Buck and bone it, taking the skins away, season it with two ounces of Pepper, and as much Salt, lay it on a sheet of fine paste, with two pound of Beef-suet finely minced, and beat

beat with a little fair water and laid under it, close it up and bake it, being well baked, put to it a full ladleful of Gravic, or strong Mutton broth.

### 11. Sweet-breads of Veal fried.

Let them not be too old, steep them in water, and blanch them well, and dry them, cut them into slices, and season them with Salt, a little Nutmeg, beaten Cloves and Mace, and a few sweet-herbs finely minced; flowre and fry them with fresh seam, or melted lard, so that they be very yellow and dry, put to it the juice of an Orange or Lemon, and serve them readily.

### 12. Sweet-bread Pies.

Either parboil your sweet-breads, or take them raw and part them in halves, season them with Pepper, Nutmeg and Salt but slightly, then place in the bottom of the Pie some slices of interlarded Bacon, and some pieces of Artichokes or Mushrooms, then the Sweet-breads with Marrow, Gooseberries or Grapes, and slic't Lemon, and so bake it; then liquor it with Butter, White-wine and Sugar.

### 13. Sweet-breads stuck.

Take the fairest you can get, and best shaped, blanch them in cold water, stick them, and put them on a prick, rost them very neatly, and after they are rosted, serve them with the juice of a Lemon upon them.

### 14. Sweet-breads with Ragoust.

After they are blanched, cut them into slices, and pass them in the pan, or whole, if you will, with lard, and well seasoned with parsley, whole chibol, mushrooms, and truffles, and after they

are well soaked with good broth, and the sauce being short and well thickned, serve.

15. *Liver of Roebuck.*

As it comes warm out of the body of the Roebuck, cut it into small slices, pass it in the pan with lard, take out the marmocks, fry it well, and season it with a little parsley, pepper, cloves, and salt, and a whole chibol; soak it with a little broth; then serve with the sauce well thickned.

16. *Liver of Roebuck in Frayze.*

After it is taken out of the body of the beast, mince it very small, and make your Frayze of it with lard, and let it not be too much fried, but let it be enough, and serve.

17. *Udder of Roebuck.*

After you have blanched it well in water, cut it into slices, and fry it with juice of Lemon, or seeth it with some Ragoust. After it is fried or sod, mince it very small, and make a Fraize of it with lard, as that of the Bearilles, Article 8. Then serve it with the juice of Lemon.

18. *Cows Udder.*

Seeth it well, and when it is well sodden, cut it into slices, and garnish your Entrees with it, or pass it in the pan with fine herbs, and chibol whole; season all well, and soak it with the best of your broths, so that it be of a sharp taste, and the sauce well thickned; then serve.

19. *Colliflowers.*

After they are well cleansed, seeth them with Salt, and a piece of Fat or Butter; after they are sod, peel them, and put them with very fresh Butter, one drop of Vinegar, and a little Nutmeg, for garnish about the dish. If you will serve

serve them alone, do them alike, and when you are ready to serve, make a sauce with good fresh Butter, one Chibol, Salt, Vinegar, Nutmeg, and let the sauce be well thickned: you may put in it some yolks of Eggs, if it be on a flesh day, then garnish your plate warm, and put your sauce over it, and serve.

20. *Another way.*

Take a skillet of fair water, and when it boils, put in the whole tops of the Colliflowers, the root being cut away, put some Salt to it; being very tender boild, dish it whole in a dish with carved sippets round about it, and serve it with beaten butter and water, or juice of Orange or Lemon. Or you may put them into boiling Milk with some Made, and Salt; serve them on sippets with the yolks of Eggs, boild Raisins of the Sun, and beaten Butter and Sugar.

20. *Cream of Pistaches.*

Take one handful of Pistaches stamped; and a quart of Milk, boil it with some Meal, which you shall mix with it; when it is almost sod, allay six yolks of Eggs with your Pistaches, and a little very fresh butter, put all in a pan with store of Sugar, and a little Salt. If you will, you may put in it Musk or Amber also, with much Sugar, but very little Musk; beat all well together, and serve garnished with Flowers.

21. *Ham with Ragoust.*

Sod or not, cut it into very thin slices; then put them in the pan with very little Wine, then soak them with a little pepper, few chippings of Bread very small, and juice of Lemon; then serve.

22. *Gammon roasted.*

Cut it into slices, and steep it in a little broth, and a drop of Vinegar; make it lukewarm, then take it out, and put crumbs of bread upon and under it; roast it well, and after the sauce hath boiled a very little; put it under it; then serve well garnisht with flowers or leaves.

23. *Gammon in slices.*

After it is well sod, cut it fittingly, and very thin; then serve.

24. *Thrushes.*

Dress them neatly; cut off the wings, the leggs, and the neck, and draw them, flat them a little; then flowre them, and fry them with lard, then soak them with broth well seasoned, and a small bundle of herbs; when they are enough, and the sauce well thickned, serve them with the juice of Lemon on them, and garnish about with a whole Lemon sliced.

25. *Pickled Pullets.*

After they are well dressed, cleave them in two, if they are small, break their bones, and set them a pickling with Vinegar, Salt, Pepper, a good quantity of large Mace, a little Cinnamon and Ginger, and a bunch of sweet-herbs, Chibol, and Lemon-peel; let them steep therein, till you have occasion to use them; and then set them a draining, flowre them, and fry them in fresh scum or lard; after they are fried, soak them a very little with their pickle; then serve with a short sauce.

26. *Udder baked after the Italian fashion.*

Take an Heifers Udder and boil it very tender, then let it by to cool, which done, cut it into Dice-work, and season it with some Mace, Cloves, Cinnamon,

Cinnamon, Ginge, Salt, Pistaches, Dates, and bits of Marrow; make your Pie not above an inch high, in the form of a Custard, prick it and dry it in the Oven; then put in the above named Materials, adding thereto some Custard-stuff, made of Cream and Eggs, Sugar, Salt, Rose-water, and some dissolved Musk; then bake it, and stick it with Date.

27. *Otherwayes to eat hot.*

Take a cold boil'd Udder, slice it into thin slices, and season it with Pepper, Cinnamon, Nutmeg, Ginger and Salt, mingle some Currans among the slices and fill the Pie, put some Dates on the top, large Mace, Barberries, Butter, and the Marrow of two bones; then bake it and after ice it, but first liquor it with Butter.

28. *Lambs head boil'd in white broth.*

Take the brains out of the Lambshead, then open the pipes of the Appurtenances, wash and soak them very well; then set it a boiling, having scum'd your pot or pipkin, put in some large Mace, whole Cinnamon, slic't Dates, some Marrow and Salt; when the head is boil'd enough, dish it up on fine carved sippets, and trim the dish by scraping Sugar, then strain half a dozen yolks of Eggs, with Sack and a little Cream, put it into the broth, and give it a walm, stir it, and serve it up with slic't Lemon.

29. *Lambs Purtenances with Ragoust.*

Take the feet, the ears and the tongue, pass them in the pan with butter or lard, a chibol, or some parsley, then soak them with good broth, when they are almost enough, put it in some minced capers, samprice minced, broken sparagus, the juice

of mushrooms or truffles, and season all well; serve neatly with a sauce well thickned with what thickning you will, and a garnishing of leaves and flowers, and above all, let your Purtenances be very white.

### 30. *Larks with Ragonst.*

After they are well pulled, draw them, flat them, flowre and pass them in the pan with butter or lard, then soak them with good broth, a bundle of herbs, and a few minced capers, all well seasoned; after they are enough, and the sauce well thickned with what thickning you will, serve with pistaches or pomgranate, and slices of Lemon.

### 31. *Jelly.*

For to make Jelly, take a Cock, flay off the skin; take also a leg or knuckle of Veal, and the four feet, break and blanch them, then put them in a new earthen pan, and seeth them for the space of two hours and an half; and when all is almost sod, put in it some white-wine very clear, when you have put it in, strain and press your meat through a napkin; take your broth, and put it in a pan or pipkin on the fire; when it is ready to boil, put in it five quarters of Sugar, and when it boils, pour into it the juice of six Lemons, and the whites of a dozen of very new laid Eggs very well beaten; after all hath boiled, put it into a very clear strainer, and mix in it what colour you will; musk it, and serve.

### 32. *Jelly of Harts-horn.*

Take Harts-horn rasped; for to make three dishes of Gelee, you must take two pounds of Harts-horn, seeth it with white-wine two hours, so that after it is boiled, there may remain to make  
up

up your three dishes with; strain it well through a napkin, and then put it in a pan with one pound of Sugar, and the juice of six Lemons; when it is ready to boil, put in it the whites of a dozen of new-laid Eggs very well beaten, and as soon as you have put them in, pour all into the strainer, and set it up in a cool place; serve it natural, and garnish it with pomgranates and Lemon-slices.

### 33. *Green Jelly.*

Take your ordinary Jelly, as it is above described, and take some green colour at some Drugsters, which you shall mix with your Jelly; then serve.

### 34. *Red Jelly.*

As your Jelly comes out of the strainer, steep it with very red Beets, well sod and scraped, strain all together through a linnen cloth, and set it a cooling; then serve, and garnish with other colour.

In like manner you may make Jelly yellow, violet, and blew.

### 35. *Jelly Crystal.*

Take what quantity you think fit of Calves feet, and scald the hair off very clean, knock off the Clawes, and take out the great bones and fat; then lay them in fair water, in four and twenty hours shift them three or four times, then boil them in a Pipkin of fair spring water, scum it well, and boil away one half of the liquor, then strain it into a bason, and so let it cool; then pour the dross from the bottom, and take the fat from the top, then put it into a large pipkin, containing a Gallon and half, and add thereto  
K 4 a pottle

a pottle of old clear White-wine, the juice of three Lemons, three blades of Mace, and two races of Ginger slic't, then dissolve it again into broth, and let it cool; then take four pound of hard Sugar fine beaten, and mix it with twelve whites of Eggs in a great dish with a rowling pin, and put it into the Pipkin with your Jelly, stir it together with a grain of Musk and Amber-greese, set it a stewing over a soft fire, before it boils, put in some Ising-glass, being boil'd up, take it off, and let it cool.

36. *White meat.*

Take the thickest of your Jelly, make it lukewarm with Almonds well stamped; strain them together through a napkin, and mix a drop of milk with it, if it is not white enough; after it is cold, serve, and garnish with other colour.

37. *Sallat of Lemon.*

Take Lemons, what quantity you will, peel them, and cut them into very thin slices, put them with Sugar, Orange, and Pomgranate-flowers; then serve neatly.

38. *Achis of Partridges.*

After youre Partridges are rotted, take up the brawn, mince it very small, allay it with good broth, and season it; then soak it with a Chibol, and when you will serve, adde to it the yolk of an Egg, and the juice of a Lemon, and garnish it with what you will, as Pistaches, Pomgranate, and Lemon sliced; then serve.

32. *Rissols fried.*

Take the brawn of Partridges, or of other meat, mince it very small, and season it well; then make your sheet of paste very thin, and dress up your Rissols

Rissols with it, which you shall fry with fresh seam or melted lard.

39. *Rissols puffed.*

They are made the same way, but that the meat of them must be a little fatter; after they are well seasoned, fry them neatly, and serve.

You may also make Rissols in the same manner with any other kind of meat; serve them with Sugar, and sweet waters on them.

41. *Fritter of Marrow.*

Before the specifying the several kinds of Fritters, it is fitting first to give here a general model of them.

Take some Cheese, stamp it well in a mortar, or in a dish, and if it is very hard; put a little milk with it, then some flowre and eggs proportionably; season all with salt, and pass it with fresh seam, or refined butter for fast daies; serve with abundance of sugar, and a little orange-flower water, or rose-water on it.

If you will make Fritters of Marrow of Beef, take the biggest pieces of Marrow you have; after they are steeped, cut them into slices, fit them in your paste, fry them, and serve in the like manner.

Apple Fritters are done the same way.

42. *Fritters of Artichokes.*

Take the bottoms of Artichokes, and seeth them half, and after you have taken out the choke, cut them into slices, make a preparation with flowre and eggs, some salt, and a little milk, then put your Artichokes in it, and when your fresh seam is hot, put them into it, one slice after another; fry them well, and serve.

43. *Fritters*



43. *Fritters after the Italian fashion.*

Take a pound of the best Parmisane grated, a pint of fine flower, and as much fine bisket-bread musked, beaten to a powder, the yolks of half a dozen Eggs, some Saffron, Rose-water, Sugar, Cloves, Mace and Cream, make it into a stiff paste, then make it into balls, and fry them in clarified Butter.

*Another excellent way according to the same fashion.*

Take a pound of Rice and boil it in a pint of Cream, being boild something thick, lay it in a broad dish to cool, then stamp it in a stone mortar, with a pound of good fat Cheese grated, some Musk, and yolks of four or five hard Eggs, Sugar & grated Manchet; then make it into balls, the paste being before made stiff, colour them with Marigold flowers stamped, Violets, Blew-Bottles, Carnations or Pinks, making them of so many several sorts of colours; serve them with juice of Orange and scrapt Sugar.

44. *Stiff Fritters.*

Make your Fritters paste stronger than ordinary, by the augmentation of flower and eggs, then draw them very small and slender, and when they are fried, serve them warm with sugar and sweet water.

45. *Paste spun.*

Take Cheese and bray it well; take also as much flower and a few eggs; all seasoned, seeth it in a Pipkin, as pap well sod, that is to say, something firm, and pass or strain it through a passing or straining pan, upon some fat paper, after it is sod, spin or draw the paste in what sort you will, then

then fry it, and serve it pyramid-wise with sugar and sweet waters.

46. *Lemon-paste.*

It is made the same way as we have said of the spun paste, but that you mix Lemon with it, you must serve it as above said, well garnisht with flowers.

The Almost-paste, and the paste of Pistaches are made the same way.

47. *Ramequin of Kidney.*

Take out the Kidney of a Loin of Veal roasted, mince it with parsley or garlic, and the yolk of an egg, then spread your implements well seasoned upon bread, which you shall toast in the pan, or on the gridiron, and shall serve all dry; you may put sugar on it, if you will.

You may make tosts of Kidney of Veal almost the same way, but that you must put to it neither parsley nor onion; but the Kidney being well seasoned, you spread it on your tosts, which you shall also cause to take a colour in the pan before the fire, and when you serve, you may sugar them, and even mix some sugar in the implements, if you will.

You may make tosts of Kidney of Veal thus; take the Kidney, mince it very well with some Beef-suet, a little Spinage, a few sweet-herbs and some grated bread, season it with nutmeg, beaten cloves and mace, ginger and salt, then break in three or four eggs to bind it, then spread it on your tosts, and pass it through the pan, dish it and put to it the juice of Lemons, and a little sugar, and serve.

You may use some Currans, if you please.



48. *Ramequin of flesh.*

Take what meat you will, mince it very small, and after it is minced, allay it with an egg, and season it as it ought, roast them in the pan, and serve with the juice of a Lemon.

49. *Ramequin of Cheese.*

Take some Cheese, melt it with some Butter, an Onion whole, or stamped, Salt and Pepper in abundance, spread all upon bread, pass the fire-shovel over it red hot, and serve it warm.

50. *Cream boil'd with french Barley.*

Take a quarter of a pound of French Barley, wash it well, and let it lie all night in fair water, in the morning set two skillets over the fire, filled with water, put your Barley into one of them, and let it boil till the water look red, then pour the water from it, and put it into the other skillet; thus boil it and change the water till it look white, then having strained the water clean from it, take a quart of Cream, and a quarter of a Nutmeg, and put it therein, a little large Mace, some Sugar, and let it boil a quarter of an hour; after this, put in the yolks of four or five Eggs, well beaten with a little Rose-water, then dish it, and eat it cool.

51. *Ramequin of Soot of Chimney.*

After your bread is passed in the pan with Butter or Oil, powder it with Soot, with Salt, and much Pepper over it, and serve it warm.

52. *Ramequin of Onion.*

Take your Onions, and stamp them in a mortar with Salt and much Pepper; you may put to it some Anchovis, well melted with a little Butter, your Onions being upon the Bread fried in Oil

Oil or Butter. pass the fire-shovel red over it, and serve.

The Ramequin of Garlick is done the same way.

53. *Ortolans with Ragoust.*

Dress them, and pass them in the pan with butter or melted lard; after they are fried, soak them in a small pot with a little broth, and season them well; to thicken the sauce, mix with it some sweet-breads, the juice of meat and mushrooms, and when all is well sod, serve garnish with pistaches and pomegranate.

54. *Tongue of Pork with Ragoust.*

After it is salted and sod, cut it very thin, and soak it with a little broth, then pass it in the pan with melted lard, onion stamped, and one drop of vinegar; after this, serve it with the juice of a lemon, and garnish it with capers, and with all what you have. Mix with it in the season verjuice or gooseberries.

A Neats tongue in Ragoust, you may find how to dress it among the first courses, Article 17.

55. *Tongue of Pork persimmed.*

After it is sod, serve it dry, and garnish with what you will; be it flowers or other thing. You may open it in the midst.

56. *Tongue of Pork broiled with Ragoust.*

Seeth it half salted, then broil it, make for it also such sauce as you will, that it be well thickened, and well seasoned; then serve.

You may stick it with lard, and roast it on the spit, basting it with a pickle, which you shall make under it well seasoned, and with such quantity of salt as you shall judge fitting; when it is roasted, serve.

57. *Neats*

57. *Neats Tongue.*

Seeth it salted with water; and towards the end put in some wine; after it is sod, peel it, and when you are ready to serve, cut it in slices; then serve.

58. *Young Pigeons.*

To put them with Ragout, take them as they come from under the dam; kill them and scald them; then after they are dressed, blanched and flowred, pass them in the pan, and then soak them in a pot with good broth, well seasoned, and a bundle of herbs: let them be well sod, and the sauce thickned; serve with minced Capers, Sampeire, a few pickled Oysters cut small, mushrooms, Veal sweet-breads, and all what you can have of assortment for young Pigeons.

59. *An Olio after the Spanish fashion.*

Take a piece of Bacon; not rusty nor over fat, a piece of fresh butter, a pair of Hogs Ears and fore feet, or in their stead Sheep or Calves feet, a Rack of Mutton, a Head, half a dozen Pigeons, a bundle of Parsley, Loch and Mint, a clove of Garlick, a little Pepper, Cloves and Saffron very well beaten, letting not the quantity of either exceed, keeping the Saffron apart till all be ready, a pottle of hard dry Pease, having been steeped before some while in water, with a pint of boild Chestnuts; the meat must not be long boiling; yet the fire not too fierce; the sauce for your meat must be as much fine Sugar beaten small to powder, with as little Mustard as can be made to drink the Sugar up.

Where note, I am utterly against those Olio's into which men put almost all kind of Roots and

Flesh,

Flesh, especially against putting of Oil, for it corrupts the Broth, in stead of adding any goodness therunto.

60. *Fat Liver with Ragout.*

Take the fattest and clearest, cleanse them, and put them into warm water, to take away the bitterness, but take them out again presently; after they are dryed, pass them in the pan with butter or fresh sear, and soak them with a little broth, parsley, and whole chibol; when they are enough, take out the chibol, and serve them with a sauce well thickned, you may put in truffles, mushrooms, and sparagus.

61. *Fat Liver on the gridiron.*

Put it on the gridiron, and powder it with crumbs of bread and salt; after it is broiled, pour the juice of a Lemon upon it, and serve.

62. *Fat Liver baked in the ashes.*

You must bard it with lard, and season it well with salt, pepper, beaten cloves, and a very small bundle of herbs, then wrap it up with four or five sheets of Paper, and set it a baking in the ashes as a Quince; after it is baked, take heed you do not lose the sauce with stirring of it, take the upper sheets of paper off it, and serve it with the undermost, if you will, or on a plate.

63. *Fat Liver fried into Fritters.*

You may judge how it ought to be done by the foregoing discourses, concerning Ragouts, Frying, and Fritters.

64. *Beattles.*

Take Wings, Livers, and Combs, all being well blanched in water; seeth the Combs by themselves, and

and when they are sod; peel them, then soak all together, with good broth well seasoned, and when you are almost ready to serve, fry the Combs and Beatills with good lard a little parsley, spinage, and chibols minced; put them again to stowe in their broth, untill you be ready to serve; you may mince with some yolks of Eggs; serve.

65. *Tourt of Franchipanne.*

Take a Milk Caudle, that is, boiled milk, and make thus your preparation for to make your Cream. Take a little flowre, which you shall boil with your milk, when it is enough, take five yolks of Eggs, and mix all together, with stamped Pistaches, Almonds, a little Salt, and much Sugar; then make your paste, work it with the whites of Eggs and Salt; and let it rest; make of it six very thin sheets of paste, and butter them one after another; spread your Cream upon your six sheets, and make other six, and lay them one after another well buttered, and especially the uppermost, for to give it a colour; after it is baked in a tourt pan, or on a plate, change it into another, and sugar it; then serve with flowres.

You may make the tourt of Franchipanne with any other sort of Cream, and serve it as abovesaid.

66. *A Dish a la mode de St. Germaine.*

Take the Liver of a Hog, and cut it into small pieces about the breadth of your hand; then take Anniseed, Pepper and salt, and season them therewith, laying every piece severally in the Caule of the Hog, and so roast them on a bird-spit.

*Another a la mode de Portugal.*

Take only the Guts, Gizzards and Livers of two fat Capons, severing the Galls from the Liver,  
make

make the Gizzards very clean, and put them into fair water, slit the Guts as you do a Calves Chaldron, taking off none of the fat, steep the Guts about an hour in white-wine; whilst they are sleeping, parboil the Gizzards and Livers, then spit them on a long wooden broach; having wiped your Guts dry, season them with Salt, beaten Pepper, Cloves and Mace; then wind the Guts about the Gizzards and Livers, roast them very brown, but baste them not till they are enough; then take Mutton-gravic, juice of Orange and Saffron well mixt, and baste them therewith, serving it to the Table with the same sauce.

67. *Nulle.*

Take one dozen of yolks of Eggs, and two or three whites, put in it a little Cream, a little Salt, and much Sugar; beat well all together, and then pass it through a strainer, then lay it up on a plate, or in a dish, and when you are ready to serve, seeth it on a chafen-dish, or in the oven; when it is baked, serve with Sugar and sweet Waters, and garnish it with Flowers.

68. *Nulle with Amber.*

Take some Cream, or very new Milk, allay the yolks of Eggs, very little Salt, Sugar, Musk, or Amber; and when you are ready to serve, make a bed of your implements, and one bed of juice of Orange, and so successively to the number of five or six, then pass the fire-shovel red hot over them; garnish with Sugar or Musk, or water of Orange-flowers, and serve.

69. *Green Nulle.*

It doth differ from others only in the colour, which you shall give as to the Jelly.

70. *Artichokes fryed.*

Cut them almost into bottoms, take out the choke, and throw them into boiling water, to blanch them, dry them, and flowre them, then fry them with fresh seame, or refined butter; serve them warm, and garnisht with fried parsley, which to fry, it is necessary that it be very green, and that it be not wet.

71. *Artichokes fryed.*

Cut them into four quarters, cleanse them, and take out the choke, then blanch them in warm water, and drain them, flowre them with flowre and small salt; let the fresh seame, or refined butter, or melted lard be very warm, and then put your Artichokes in it, and fry them well, then set them a draining, and put into your frying one handful of very green parsley, which you shall put on your Artichokes, when it is very dry, and serve.

72. *Artichokes with Potirade.*

Cut your Artichokes into quarters, take out the choke, and blanch them in very fresh water, and when you will serve; put them on a dish with pepper and salt; then serve.

73. *Bottoms of Artichokes.*

Take off all the leaves, and cut them as far as the choke, then seeth them with broth, or with water, butter and salt; after they are sod, take them out of the broth, pick them, and take out the choke; then put them with butter and salt, and when you will serve, make a sauce with very fresh butter, one drop of vinegar, nutmeg, and the yolk of an egg, for to thicken the sauce, then serve, so that they may be very white.

74. *Mush-*74. *Mushrooms with Ragoust.*

After they are well cleaned, pass them in the pan with very fresh butter, parsley minced, and thibol, season and soak them, and when are ready to serve, put into it the juice and peel of Lemon, and a little white meat; then serve.

75. *Artichokes baked.*

Take Artichokes and boil them in fair water, suffering the water first to boil; being tender boild, blanch them, and season them with Nutmeg, Pepper, Cinnamon, Salt (but lightly) and lay them on a sheet of paste, and lay on some bits of Butter; then lay on your Artichokes round the dish, with Eridgo roots and Dates in halves, Beef-marrow, large Mace, slic'd Lemon, and some Butter, close it up with another sheet of paste, and bake it; being baked, liquor it with Grape-verjuice, Butter and Sugar, icing it withall.

76. *Mushrooms stewed.*

Take Mushrooms fresh gathered, and cut off the stalk, and as you peel them put them into a dish with white wine, let them lie therein half an hour, and then drain them, setting them over a soft fire between two dishes without liquor, so let them stew, and then drain them again; then put your Mushrooms into another dish with a sprig of Tyme, an Onion, half a dozen corns of whole Pepper, two Cloves, some Orange and Salt, with a little Butter and Mutton-gravie; then stew these again till they are enough, being tender, when you dish them blow off the fat, and add some juice of Lemon and Nutmeg.

77. *Mushrooms forced.*

Chuse the best shaped for to contain the farce,

which you shall make with some meat, or good herbs, so that it be dainty, and allayed with yolks of Eggs; then your Mushrooms being farced and seasoned, put them into a dish upon a barde of larde, or upon a little Butter, seeth them, and serve them garnished with juice of Lemon.

78. *Mushrooms fried.*

Blanch them in fresh water, dry them, then pickle them with a little Vinegar, Salt, Pepper, and Onion, and when you are almost ready to serve, make a liquid paste allayed with yolks of Eggs, fry your Mushrooms, serve and garnish.

79. *Mushrooms after the Olivier.*

After they are well cleansed; cut them into quarters, and wash them in several waters, to take off the earth; when they are well cleansed, put them between two dishes with an Onion and some Salt, then set them on a chafen-dish, that they may cast their water; press them between two plates; take very fresh butter, with parsley and chibol, and fry them; then soak them, and after they are well sod, you may put to them some cream or white meat, and serve.

80. *Frayse of Gammon of Bacon.*

Take one dozen of Eggs, break them, take out the whites of half a dozen, and beat them; then take of your Gammon as much as you will think fitting, mince it, and mix it with your Eggs; take some lard, cut it and melt it, pour your Frayze into it; let it not be too much fried, and serve.

81. *Tortoise.*

Cut off the feet, the tail, and the head, set the body a seething in a pot, and season it well with  
fine

fine herbs, when they are almost sod, put some wine to them, and boil them well; after they are sod, take them up, and cut them into pieces, and take a special care to take out the Gall; then fry them with butter or lard, parsley and chibol; then set them a soaking with a little broth, and when you are ready to serve, allay the yolk of an Egg with some Verjuice, mix them together, and serve with some Nutmeg, a little beaten Cinnamon, and Orange-peel very finely minced, well seasoned.

82. *Tortoises dressed otherwayes.*

Take a Tortoise and cut off his head, feet and tail, and boil it in water, wine and salt; being boild, pull the shell asunder, and pick the meat from the skin, and the gall from the liver, save the Eggs whole if a female, and stew them with the meat and liver in a dish with grated Nutmeg, a little sweet-herbs minced small, and some sweet butter; when stewed enough, serve it on fine white sippets, covering the meat with the upper shell of the Tortoise, and slices of Orange, or the juice thereof.

83. *Tourt of Pistaches.*

Melt some butter, and put in it six yolks of Eggs, with some Sugar; stamp one handfull of Pistaches, and mix them together with a corn of Salt; then make your sheet of paste, and dress it up, put your implements in it, make or shape up your Tourt, and bind it with butter'd paper; when it is baked, serve it with Sugar, and garnish it with Lemon-peel preserv'd.

84. *Eggs fried Charenton fashion.*

Take a dozen and half of Eggs, and beat them  
L 3 in



in a dish, then take interlarded Bacon, and cut it Dice-fashion into square bits, and fry them with some Onions chopped small, add to these some Cream, Nutmeg, Cloves, Cinnamon, Pepper, and sweet-herbs chopped small, being fried, serve them up on a clean dish, squeezing thereon some juice of Orange, and over all scrape some fine Loaf-Sugar.

#### 85. Eggs after the Portugals way.

Take many yolks of Eggs, and a pound or half a pound of Sugar, with which you shall make a Syrup, which being made, you shall mix it with your Eggs, with one drop of Orange-flower water, and seeth them; after they are enough, make a coffin with butter'd paper, well doubled, put your Eggs in it, and being cold, then take off the paper, and put these Eggs on a plate, the sharp end upward, sugar it, and garnish it with the Pear called Comperfil (or non-such), Cinnamon, Lemon peel preserved, and Flowers, then serve.

#### Another way.

Make a Syrup, as abovesaid, then break a dozen of Eggs, or more, and beat them well, warm your Syrup, and when it is very warm, mix your Eggs with it, pass all together through a strainer, and seeth it; after it is sod, serve it with bisket cut and dressed up pyramid-like, sweet waters, Musk or Amber-grease.

#### 86. Eggs dairy or pleasant.

Make your Syrup as above-said, and take the yolks of Eggs, allay them well, and put them in your Syrup; after they are sod, put them on a plate, with a drop of Orange-flower water, and of Musk; then serve.

#### 87. Eggs dar.

Take a quart of white-wine with a piece of Sugar, boil them well together, then break some Eggs, and beat them, pass them through strainer, then put them into a pipkin or pan, where your White-wine is and your Sugar ready boiling; thus they are sod in a moment, and are found linked; take them out of the Syrup, and let them a draining, then serve them pyramid-like with sweet water.

#### 88. Eggs after the Varrenne.

Have a Syrup well made, fry some whites of Eggs in the pan with butter, and put them in your Syrup; when they are sod, serve them with Orange-flower water.

#### Another way.

Make your Syrup, and mix a little new milk with your fried Eggs; when they are sod, serve them very white on a plate, garnished with sweet-herbs.

#### 89. Eggs in Snow.

Boil some milk with a little flower well allayed, then put in it more than the half of one dozen of whites of Eggs, and stir well all together, and sugar it, when you are ready to serve, set them on the fire again, and glaze them, that is, take the rest of your whites of Eggs, beat them with a feather, and mix all together, or else fry well the rest of your whites, and pour them over your other Eggs; pass over it lightly an iron oven-lid, or the fire-shovel red hot, and serve them sugred, with sweet waters.

You may in stead of whites, put in it the yolks of your Eggs proportionably, and the whites fried upon them. The Cream after the Mafarine way

is made in the same manner, except you must put no whites of Eggs on it.

90. *Eggs fried as round as balls.*

Take a deep frying pan, and put therein three pints of clarified butter or suet, heat it as hot as for any occasion whatsoever; then take a stick and stir it till it run round, like to a whirl-pit; then break an Egg into the middle of the Whirl, and turn it round till it be about the hardness of a soft poachd Egg, the whirling round of the Liquor will make the Egg as round as a ball; then take it up with a slice, and put it into a warm Pipkin, and set it by the fire; thus you may do as many as you please, during the space of half an hour, for so long they will keep soft; serve them with fried or roasted collops.

91. *Eggs in the Spanish fashion.*

Take a score of new-laid Eggs, and strain them with a Gill of Sack, a quartern of Sugar, some grated Nutmeg and Salt, beat them together with the juice of an Orange, and put to them a little Musk, set them over the fire, and stir them continually till they thicken, but not too much; serve them with scraped Sugar on fine toasts of Manchet soaked in juice of Orange, shake the Eggs with Orange Comfits, or Muskadines white and red.

92. *Eggs after the Huguenot fashion.*

Take the juice of a leg of Mutton, put it on a plate, or in a dish, take very new-laid Eggs, and break them in your juice, seeth them with little Salt; after they are enough, put more juice to them, and some Nutmeg; then serve.

93. *Cardons of Spain.*

After they are blanched, take off the skin very neatly

neatly, and set them a sleeping in fresh water, then serve them with pepper and salt.

94. *Sparagus with white sauce.*

Chuse the biggest, scrape the foot of them, and wash them, and seeth them in water, salt them well, and let them not seeth too much; after they are sod, drain them, and make a sauce with very fresh butter, a little vinegar, salt, nutmeg, and the yolk of an egg to thicken the sauce, and have a care that it do not curd or (turn) and serve them garnish'd with what you will.

95. *Sparagus with Ragoust.*

Take Sparagus, break them very small, then pass them in the pan with butter or lard, mix it with some parsley and chibol, all well seasoned; set them a soaking till you be ready to serve; you may put some Cream to them, or yolks of Eggs, or of the juice of a leg of Mutton, and may garnish other things with it.

96. *Sparagus with Cream.*

Cut them very small, and leave nothing but the green, fry them with butter very fresh, or melted lard, parsley and chibol, or a bundle of herbs; after that, soak them a very little, with very new Cream, and serve if you will with a little Nutmeg.

*Sparagus otherways.*

Take two hundred of Sparagus, scrape the root very clean, and wash them; then take the heads of an hundred, and lay them even, bind them hard up into a bundle, and so likewise the other hundred; then take a large skillet of fair water, and when it boils, put them in, and boil them up quick with some Salt; being boiled, drain them, and serve



serve them with beaten butter and salt about the dish.

97. *Sheeps Tongue with Ragoust.*

After it is well cleansed, slit it in two, then flowre it, pass in the pan, and put it in Ragoust, with Vinegar, Verjuice, Salt, Pepper, Nutmeg, beaten Cloves, juice of Orange, and minced Capers; when it is well soaked, and the sauce well thickned, serve.

98. *Sheeps Tongues sticed.*

Take it sod, and cleanse it well, stick it with small lardons, and roast it; then serve with the juice of a Lemon, or some Orange.

99. *Sheeps Tongue on the gridiron.*

Slit it in the middle, and put it on the gridiron with Salt and crumbs of bread upon it, then make a sauce with Verjuice of Grapes, or Gooseberries, a few chippings of bread, some parsley and chibol minced very small, and when it is well broiled, serve.

100. *Sallet of Pomgranate.*

Pick your granates, put them on a plate, sugar them and garnish with Lemon; then serve.

101. *Pig souced.*

Take a large Pig, and cut off his head, slit him through the midst, take out his bones and lay him in water one night, then collar him up like Brawn, then boil him tender in fair water; being boil'd, put him into an earthen pan with water and salts, then take a quart of the broth, and a quart of white-wine, and boil them together, putting therewith some Bay-leaves; when it is cold uncloath the Pig, and put it into this Liquor, and it will keep a quarter of a year; when

when you serve it, let it be with green Fennel; as you do Sturgeon, with Sauces of Vinegar.

102. *Head of wild Boar.*

Cut it off near the shoulders, to make it fairer, and of better show, and to preserve the neck, which is the best of it, so that it be well seasoned; after you have cut it off, singe it, or scald it, if you will have it whiter than run the skin off round about the head four inches from the nose; lest it may shrink and fall on other places; sceth and season it well, and when it is half sod, put therewith white or red Wine, and make an end of seething of it again, well seasoned with Pepper, Onion, Cloves, Orange-peel, and fine herbs. You may sceth and wrap it well up in Hay, lest it fall to pieces; after it is well sod, serve it cold, whole, and garnished with flowers; if you have wrapped it up, you may serve it in slices, which you may disguise with several sorts of Ragousts.

103. *Slit of wild Boar's head.*

Cut it under the Neck, or near it, or under the Ear, and serve.

104. *Slice of wild Boar's head with Ragoust.*

After you have cut it as above said; boil it in wine, and a few chippings of bread; when it is enough, and the sauce thickned, serve.

105. *Another way.*

After it is cut as aforesaid, powder it with crumbs of bread, and put it on the gridiron, after it is broiled, serve with juice of Lemon; in the season of Vine-leaves, wrap up your slices in them, and serve readily with Verjuice of Grapes, and Green Peas, and if you will, in the pan with butter; and

and seeth them with Cabbage and Lettice, or with Purslain; after they are well sod with a bundle of herbs, and well seasoned; serve them garnished with Lettice.

You may dress and season them with Cream, as the Sparagus, whereof mention is made above, in the Article 79. of Sparagus with Cream.

#### 107. Rams Kidneys.

Whiten them well in fresh water, take off the skins of them, and cut them into very thin slices; pass them in the pan with butter or melted lard; season with all what you have, then soak them with Mushrooms, and the juice of a leg of Mutton; then serve.

#### Another way.

Cut them as abovesaid; and steep them in a little Vinegar and Salt; a while before you serve; after you have dried them, pass them in fritter paste; and fry them, and throw on it some Lemon-juice, or Orange-juice, and serve.

#### 108. Pallats of Beef.

Take them well sod and soft, and withall boil them a litle, for to take away the ripe taste; then cut them very thin, pass them in the pan well seasoned; and stove them; let your sauce be allayed with the juice of a Lemon; then serve.

The Beef-pallats for garnish are fried alike, but that you cut them peace-meak.

#### 109. Pallats of Steer, Ox or Calf.

##### how to dress.

Take Pallats, Lips or Noses, and boil them very tender; then blanch them, and cut them into square pieces, as broad as a shilling, fry them in sweet butter; being enough, pour away the butter,

ter, and put thereto some Anchoves, grated Nutmeg, Mutton-gravy and Salt; give it a walm on the fire; then dish it, the bottom being first rub'd with a clove of Garlick, then run it over with juice of Orange and beaten Butter, fried Parsley, or fried Marrow in yolks of two Eggs, and Sage leaves.

#### 110. Tansie.

Melt a little Butter, and take some Cream, yolks of Eggs, juice of Pears, Sugar, and very little Salt, seeth all together, after it is sod, sugar it, with waters of flowers, and serve green.

#### Tansie the best way.

Take a score of Eggs, and take from them five whites, strain them with a quart of thick Cream, and put to it a grated Nutmeg, a race of Ginger, and as much Cinnamon beaten fine, with a penny white loaf grated, also mix these with a little Salt; then stamp some green wheat with Tansie herbs, strain these into the Cream and Eggs, and stir all together; then take a clean frying-pan, and a quarter of a pound of Butter, melt it, and put the Tansie thereto, stirring it continually over the fire, chop it as it thickens; being thoroughly incorporated and well fried, dish it up, sprinkling it with Rose Vinegar, and strowing good store of Sugar thereon.

#### 111. Young Pidgeons.

After they are well blanched in water, flowered a litle, and passed in the pan soak them with good broth, mushrooms, truffles, and a bundle of herbs, all well seasoned, and serve, the sauce being thickned; and garnish with cut Lemon.

The same Ragout may be made for young Pigeons roasted.

#### 112. Field

## 112. Field-farri.

Draw them, fry them as the young Pigeons, and seeth them longer, because they are harder, after they are sod and seasoned alike, serve garnished with Pomgranate, or sliced Lemon.

## 113. Young Partridges.

Take some pieces of slices of Beef, and beat them well with lard, season it with Salt and Pepper, and pass it in the pan, untill the lard be very brown, then soak these implements with a little broth and an Onion stamped; then strain all through a linnen cloath, you will have out of it a very red juice, with which you shall mix a sharpness of Grape-Verjuice, a little flowre-baked, or some chippings; then take your young Partridges, take off the legs and the wings, and soak them with your sauce, adding to it Mushrooms and Trouffles, untill the sauce be well thickned; seeth, and serve readily, lest they wax hard.

The Partridges are done the same way.

## A method for to make Gammons of Westphalia Bacon.

After your Pork is dressed, take off the Gammons, and stretch them well, for to cause them to take the shape; put them in the Cellar for the space of four daies, during which time, there will come a water out of them, which you must wipe off very often; if the weather is moist, let them lie there but twice four and twenty hours, then put them in the press between two boards, and let them be there so long a time, as the Pork hath been dead; after that, salt them with Salt, Pepper, Cloves, and Anniseed stamped;

stamped; let them take salt for the space of nine daies; after this, take them out, and put them in the lees of wine, for the space of other nine daies; then wrap them up with Hay, and bury them in the Cellar, in a place which is not too moist, after you have taken them out, hang them in the Chimney, at the side where there is least smoak, and sail not to perfume them twice a day with Juniper; after they are dry and a little smoaky, hang them at the ceiling, in a chamber which is not too moist, and until you have occasion to use them, visit them often, for fear they should rot.

For to seeth them, take of them which you will, cleanse it, and set it to water in a great kettle full of water, season it with fine herbs, and put no wine in it; after it is sod, take up the skin, spread it over with Pepper and minced Parsley, and stick it with Cloves, then put down the skin again, and lay it in a cool place, till you have a mind to serve it, which you shall do garnished with flowers, if you have any.

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*The way of making Allayings, or Thicknings to be kept for Sauces, to the end that one may not be put to the trouble of making them on every occasion, when one may have need of them.*

*Thickning of Almonds.*

**P**EEle well your Almonds and stamp them in a mortar; then put them with good broth, crumbs of bread, yolks of Eggs, juice of Lemon, an Onion, Salt, Cloves, and three or four Mushrooms; seeth all these a very little while, pass them through the strainer, and put it into a pot to use it upon occasion.

*Thickning of Mushrooms.*

Take the stalks of Mushrooms, with a few stamped Almonds, Onion, Parsley, crumbs of bread, yolks of Eggs and Capers; boil all with good broth, and season it well, mix with it a slice of Lemon, then pass it through a strainer, and put it into a pot to use upon occasion.

*Thickning of Flowre.*

Melt some lard, take out the marmocks, put your flowre into your melted lard, seeth it well, but have a care it stick not to the pan, mix some Onion with it proportionably to what you mean to use it about; when it is enough, put all with good broath, Mushrooms, and a drop of Vinegar; then after it hath boiled with its seasoning, pass all through the strainer, and put in a pot; when you will use it, you shall set it upon warm embers for to thicken your sauces.

*Thickning*

*Thickning of Trouffles.*  
Take dry flowre, which you shall allay with good broth, Trouffles, Onions, Mushrooms, and sprig of Thime, stamp all together, and boil it with flowre allayed, pass it through the strainer, and put it in a pot; it will be useful for the thickning of your Entrees (or first courses) or Ragousts.

You may use these thicknings in Lent, so that you put no Eggs in it: They may also be usefull for all, as for the first and second courses, and for the Intercourses.

*Method for the Making the Juice of Mushrooms, of Beef, or Mutton, which may be useful for many Sauces and Ragousts.*

*Juice of Mushrooms.*  
**T**AKE the least of your Mushrooms, wash them well with their skins and stalks, without taking off any thing, boil them in a pot with good broth, as they are boiling, put in a bundle of herbs, an Onion stuck with Cloves, and some pieces of roasted meat, all well seasoned with Salt; after they are well boiled, pass them through the strainer, and put it into a pot, for to use it at need. It may be useful for all kinds of Ragousts, even for Pottages; and it doth often pass for juice of Mutton.

*The Juice of Beef, or Mutton.*  
Roast your meat a little more than half, be it

M

Beef

or Mutton, prick it with a knife, and press it in a press if you have any, it will be the better; after it is pressed, and the juice taken out, take one spoonful of good broth, besprinkle your meat with it, and take out of it again what juice you can, put it in a pot with a little Salt, some Cinnamon, beaten Cloves and Mace, with some Pine-apple seeds; and mix with it the juice of a Lemon, and Caper-liquor, when you are ready to use it.

*The way of garnishing with Pistaches.*

Peel your Pistaches in warm water, put them in cold water again, and for to use them, mince them a very little, for to put them about your dishes.

*The garnish of Lemon.*

You must take out the seeds, slit it long-wise, and cut it into slices; after this, put it into some water, ready to use it upon and about your dishes.

*The garnish of Pomgranate.*

Take the reddest, take out the peel and the seeds, for to garnish upon and about your dishes.

*A Method for to take out the juice and waters of flesh, for to give unto the Sick.*

*The juice of Mutton, Veal, or Capon.*

**A**fter they are rotted and pressed, take out the juice, and because that the juice of Mutton is hotter than the other, it must be corrected and mixed with that of Veal; and of either of them thus made ready, cause your sick body to take one Spoonful every two hours.

*Another*

*Another way for the same water.*

Take a good Capon, being well cleansed and washed from the blood, and the fat taken off, truss it, and boil it in a pot or glaz'd pipkin, with half a pound of grated Harts-horn, boil it till the spoon may stand stiff therein; when it is cold, then strain it through a thick fine Canvas, and put it into another pipkin with the juice of eight or nine Lemons a pound and a half of double refined Sugar; then boil it again a little while, then put it into Gallipots or Glasses, and preserve it for your use.

*Another way for the same water.*

For such as have need of much cooling, take a Bottle without Stopper, and with a very wide neck, cut your meat, Veal, and Pullet, small enough, so that it may go piecemeal into the Bottle, this done, you shall stop it carefully with a piece of paste firm and hard, and some parchment over it, tie it well, and put in a kettle full of hot water, as far as the neck. Boil it well for the space of three hours; after it is sod, unstop your Bottle, and take the juice out of it, which you shall cause your sick to use (or even they who are in full health, and stand in need of cooling) with other juice of roasted meat; or with some broth, all according to the need and strength of both. You are to observe by the way, that the juice of roast meat, is much stronger and more nourishing, than that of boiled meat, though it be in greater quantity.

For want of a Bottle, you may use a Coquemare, stopping it well with paste, and with parchment over it.

M 2

Water

*Water of Pullet.*

Dress your Pullet, and when it is very clean, fill it up with Barley, and seeth it in a pot with a sufficient quantity of water, so that it boil half away, after it hath boiled until the Barley is burst, pass all through a straiter, and let it cool. It must be used cold, and this water may be given to sucking Children.

*Panadoe.*

Take some good broth, and crumbs of bread very small, boil them well together, and at the latter end, put in it some yolks of Eggs, very little Salt, and some Lemon juice.

*Other Panadoe.*

Take the flesh of Capon or Partridge well minced, stamp it well in a mortar, then allay it with broth of health, that is, broth of the great pot, a few crumbs of bread, and salt; after it is soaked, mix with it some yolks of Eggs for to thicken it, and some Lemon juice.

*Another excellent Juice, Water or Jelly, which you please.*

Boil two Capons well cleansed, the Fat and Lungs taken out, truss them, and soak them well in fair water four or five hours, then boil them in a pipkin or pot of two Gallons of water, and add thereto a gallon of white-wine; scum them, and boil them to a Jelly, next strain the broth from the grounds, and blow off the fat; then take a quart of sweet Cream, a quart of the Jelly-broth, a pound and half of refined Sugar, and a quarter of a pint of Rose-water; mingle these all together, and give them a walm on the fire, with half an ounce of fine scarced Ginger, then

(set

set it a cooling; dish it or cast it in form of other Jellies in Lemon or Orange-peels, or turn it into Colours: for sick people in stead of Cream, use stamped Almonds.

*A Method how to make ready, and to serve up all sorts of Pastry-works, during the whole year.*

*1. Venison Pastie.*

IF the flesh is hard, beat it, take off the upper skins, and lard it with great lard, seasoned with Salt, Pepper, Vinegar and beaten Cloves. If it is for to keep, make up your Paste with Rye meal with Butter, Salt and Pepper; let your Pastie bake the space of three hours and a half; after it is baked, stop up with paste the hole which you have left for to give vent, and serve in slices.

*2. Pastry of leg of Mutton.*

After it is well mortified, Beat it well, take off the skin, take out the bones, and if you will, lard it with great lard, and season it with Salt, Pepper, and a little Vinegar; you may let it lie in the Sauce three or four daies well covered, untill you put it into paste; which you shall do then in fine or course paste; season it well with Salt, Pepper, beaten Cloves, Nutmeg, and a Bay-leaf, and also a clove of Garlick crushed if you will: After it is closed up, and endored with the yolk of an Egg, let it bake the space of three hours and an half.

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and do not forget to give it vent on the top, a little while after that you have put it in the oven.

### 3. *Pasty after the English way.*

Take a young or old Hare, mince it well with Beef or Mutton suet, or with the brawn of Capon, mix all together and season it well, put in it, if you will, some Capers, and some Sugar. Make your paste thus; after it is flowered, spread it, and fould it up into three or four doubles like a napkin, putting some fresh butter upon every bed of paste, so that for one pound of paste, there be half a pound of Butter proportionably; after it is thus made ready, let it rest a little while, and then make your paste up, which you shall garnish at the outside with butter'd paper. Bake it well, endow it with the yolk of an Egg; and serve.

The wild Boar Pasty is made the same way as that of the joint of Mutton.

### 4. *Pie of Capon.*

After it is well dressed, lard it with mean lard, and put it into fine paste, and make up your Pie. If you will serve it up warm, it must not be so much seasoned, as to serve it cold.

To serve it warm therefore, make it up and garnish it with what you have, you may also farce it. You must bake it two hours and a half, and if it be too dry, that is the sauce wanting, make a white sauce for it, or put into it any juice, and serve it warm and uncovered.

### 5. *Or for a Capon pie thus.*

After it is well dressed, season it well with Nutmeg, Pepper and Salt, then having minced some Chibols, and sweet-herbs, very fine, and laying them in the bottom of your Pie, put

put in your Capon, then lay on it some Links, Oysters, the yolks of hard Eggs, Chestnuts, large Mace, Barberries or Grapes, some Beef-marrow, good store of sweet Butter, so close it and bake it, when it is baked enough, liquor it with some Butter and Verjuice, and serve.

### 6. *Pie of Turkie.*

After it is well dressed, beat it and truss it up, lard it with great lard, and season it, then put it into fine or brown paste, fed with butter or lard, for this flesh is very dry when it is baked; season it as a Venison Pasty, bake it proportionably to its hardness or bigness, and serve it warm or cold.

### 7. *Another way.*

Dress your Turkie, take off the skin and the brisket, then season it, and farce it with young Pigeons, Beef-pallats, Mushrooms, Trouffles, bottoms of Artichokes, Combs, Rams Kidneys, and Sweet-breads. This farce is fit, in case you take out the brisket only.

If you take off the whole skin, take the flesh of your Turkie, mince it very small with Beef-suet, season it with all what you have, and with yolks of Eggs, fill up the skin with it, sew it up again, and put it into fine paste, garnish your Pie with small Beatills, Mushrooms, and all the remnant of your Farce. Bake it, and serve it with what sauce you will.

### 8. *Pie of Gaudiveau.*

Dress up your paste into an oval, garnish it with your *Gaudiveau*, in the midst of which you shall put all kind of garnish, as Mushrooms, Livers of fat Capons, Cardes, yolks of hard Eggs, sweet-breads of Veal, and season all. bind it with

at the top, and when it is baked, serve it with a sauce of Verjuice, yolks of Eggs and Nutmeg.

9. *Pie of Partridge.*

After they are dressed, lard them with mean lard, and season them, then put them into a fine paste, and make up your Pie well fed with lard and butter, bake it for the space of three hours, and serve it warm.

10. *Pastie of Gammon of Bacon.*

Steep it well, and after it is unsalted enough, boil it a little, and take off the skin of it, then put it into brown paste, as Venison, and season it with Pepper, Clove, and parsley; if you will be advised by me, lard it also as you do the Venison. Bake it according to it's thickness; if it is big, five hours, if less, less, and so according as it is bigger or lesser; after it is cold, serve it in slices.

11. *Pie of a Breast of Veal.*

After it is well blanched, you may farce it with what you will; you may also put it into fine paste very well seasoned and garnished, or if you will, cut it into small pieces, make up your Pie well, bake it, and serve it with a white sauce, made up with yolks of Eggs allayed with Verjuice.

12. *Pie of Assiette.*

Take the flesh of Veal, and Beef or Mutton suet, make a kind of Gaudiveaux therewith, then dress up your paste very neatly half a foot high, and fill it with one bed of flesh, and over it another of Mushrooms, another of Cardes or of Cardeaux, or young Pidgeons, Pallats of Beef, Kidneys and yolks of Eggs, so that the upper bed be of Gaudiveaux, cover and season it; then serve.

13. *Pies*

13. *Pies after the Cardinal's way.*

Make up your Pies very high and very narrow, fill them up with Gaudiveaux, and cover them so that the lid be also very high; then serve them, specially for a garnish to a piece of Beef, or on a plate.

14. *Pie after the Marotte.*

Take Ric-meal, which you shall salt; make your paste with it, and make it up like a Pie; then take one Hare or two, or two joints of Mutton, with a little Beef-suet, which you shall mince together very small and season it, then make up your Pie, on the top of which you shall leave a vent, after three hours baking, take it out, and fill it with good broth, put it in the oven again, and when it is quite baked, serve it.

15. *Pie of young Rabbits.*

After they are dressed, lard them with great lard, and make your paste like that of Venison; if you serve it warm, make it a little sweeter, and serve.

16. *Pie of Pullets.*

Dress and flower them, if you will; garnish and season them, and put them into very fine paste, serve it warm with a white sauce of yolks of Eggs allayed.

If your Pullets are big, you may stick them with mean lard, and season them, garnish and bake them alike.

17. *Pie of Larks.*

Dress them, draw them, and flat them, then pass them in the pan with Mushrooms, Trouffles, Beatills, and all being well seasoned, put them into fine paste, bake them the space of two hours and a half, let the sauce be well allayed and fed; you may

may put some Sugar in it, Hipocraft-like, and so serve it cold; if with Ragoust, serve it warm.

18. *Pie of Veal.*

Take the fillet, and press it like the wild Boar, that is, well larded and seasoned; put it into fine or brown paste, as you will, serve it in slices, warm or cold.

*Another way.*

Mince such flesh of Veal, as you will with Beef-suet, and season it; make up your paste, and make the bottom of your pie, or the whole, with this meat thus minced and seasoned, which moreover you shall garnish with Mushrooms, bottoms of Artichokes, Cardes, Kidneys, Veal sweet-breads, and hard yolks of Eggs; after which you shall cover and bake it; after it is baked, serve it uncovered with a sauce of yolks of Eggs allayed with Verjuice of Grapes.

19. *Pie of Quails.*

It is made to eat cold like that of Partridges, and for to eat warm, like that of Larks, make it up with fine paste, and serve it warm with Ragoust.

20. *Pie of Woodcocks.*

Dress you Woodcocks, draw them, lard them with mean lard, and season them like the Partridge pie; for to be eaten warm or cold; if you serve it warm, garnish it with what you have, and season it as you think fitting, bake it the space of two hours and a half, and serve it warm or cold.

21. *Pie of Black-birds.*

Dress your Black-birds, draw them, and put them into paste, season and bake them as the Larks, for to be eaten warm, or cold.

22. *Pie*22. *Pie of Duck.*

After it is dressed, lard it with great lard, and season it well, put it into fine or brown paste to keep it; bake it the space of three hours; serve and garnish it for to eat it warm.

The Pie of *Maureuse* with lard is made and served the self same way.

23. *Pie of Lamb.*

Take the four quarters, and cut them very small, blanch them in fresh water, then put them in fine paste and well made up, with a little parsley and fine herbs minced; after it is well baked, and well seasoned, serve it with a white sauce.

*Another way.*

Take your Lamb and cut it into pieces, then season it with beaten Nutmeg, Pepper and Salt, then lay it into the bottom of your Pie, then lay upon it some hard Lettice boiled and cut in quarters, some Chest-nuts, Pine-apple seeds, Sampire, Sparagus, sliced Lemon, the yolks of Eggs boiled hard, and Grapes, good store of sweet Butter; after it is baked, serve it with Verjuice and sweet Butter.

*Another way.*

You may take your Lamb whole, or in quarters; without cutting it, lard it with great lard, and put it into paste seasoned with minced Parsley, Salt, Pepper, beaten Cloves, and garnished with Mushrooms, Morilles, and Capers; and after it is baked, serve it with a white sauce of yolks of Eggs allayed with Verjuice.

24. *Pie of Sheeps Tongues.*

Wash them with lukewarm water, and cleanse them, then put them into paste; take Mushrooms, small

small Pallats of Beef cut, Beatilles, a little Parsley, and Chibols; pass all in the pan, pour on it some yolks of Eggs, bottoms of Artichokes, beaten laid, or fresh butter, and put them into your Pie, which you shall bake for the space of two hours, and serve with a sauce of yolks of Eggs allayed with Verjuice.

#### 25. Pie of Kid warm.

Dress it, and take off the head, lard it with mean lard, and season it, put it into fine paste dressed up, or not, garnish it with Beatilles, Mushrooms, Morilles, Trouffles, and serve. If you will serve it cold, let it's seasoning be stronger.

#### Another way.

If you have two Kids, or Roe-bucks, taken out of the body of the Goat, or of the Hind, lard and season them, and put to them abundance of Sugar, which will make both your meat and sauce full of Sugar.

If your Kids are small, put them into dressed paste, and sever them, putting the one into Sugar, and the other in Ragoust; serve it warm.

#### 26. Goose Pie.

After it is dressed, lard it with great very lard, and put it into paste seasoned as the Venison Pastie: serve it alike, warm, or in slices.

#### 27. Pie of knuckles of shoulders.

Dress the bones of your knuckles, blanch them, break and lard them with great lard, or lard stamped, then put them into fine paste; garnish and season your Pie with all what you have, bake it for the space of two hours and a half; when it is baked, serve it with what sauce you will.

#### 20. Tourte

#### 20. Tourte of young Pigeons.

Make a fine paste, and let it rest, then take your young Pigeons, cleanse them, and blanch them. If they are too big, cut them, and take Gaudimaux, Sparagus, Mushrooms, bottoms of Artichokes, Beef-marrow, yolks of Eggs, Cardes, Pallats of Beef, Trouffles, Verjuice of Grapes, or Goose-berries, garnish your Tourte with what you have, not forgetting the seasoning; then serve.

#### Another way.

After your young Pigeons are well dressed and blanched, make a sheet of fine paste or past-paste, put in the bottom some Gaudiveaux, and young Pigeons at the top; if they are small, whole; if big, cut them into halves; garnish your Tourte with Combs, Pallats, Mushrooms, Trouffles, Cardes, Morilles, yolks of Eggs, Veal sweet-breads, bottoms of Artichokes, and minced parsley, all well seasoned with Salt, Pepper, Clove and Nutmeg; Cover up your tourte, and bake it the space of two hours and a-half; After it is baked serve it uncovered with a sauce of yolks of Eggs, allayed with Verjuice of Grapes.

#### Another way.

When your Pigeons are clean dressed, season them with Pepper, beaten Cloves and Mace, and Salt, then put into your Pie some minced Chibols, and sweet-herbs, then put in them some bottoms of Artichokes, Chestnuts, yolks of hard Eggs, very thin slices of lard, some Colliflower indifferently well boiled, Capers, Oysters, Mushrooms, sliced Lemon, and grapes, seasoned as your Pigeons, sweet Butter; then close and bake it; when it is baked, serve

serve it with *Vesjuice* and *sweet Butter* thickned with the yolks of Eggs.

29. *Tourte of Lard.*

Take Lard, slice it, and melt it between two dishes, season it as the *tourte* of Marrow next following; when it is ready, serve it.

30. *Tourte of Marrow.*

Take Marrow, melt it, when it is melted, strain it, and put some Sugar to it, yolks of Eggs, Pistaches, or Almonds stamped; then make a very thin sheet of fine paste, on which you shall put your implemēt, bind it, if you will; bake it, and serve it sugar'd.

31. *Tourte of Veal.*

Take a piece of Veal, blanch it, and mince it with twice as much of Beef suet; after it is well seasoned, make a sheet of your fine paste, put your meat on it, in the midst of which you shall put what you have, as *Beautilles*, &c. sugar it if you will; then, when it is baked, serve.

*Another way.*

Garnish a sheet of fine paste, or puff-paste, and fill it half with your minced meat, put over it Mushrooms, Kidneys, Combs, bottoms of Artichokes, Cardes, yolks of Eggs, all well seasoned, fill up your *tourte* with the same meat, cover it, and endore it with a raw egg allayed; bake it the space of one hour and a half, and serve it uncovered with a sauce.

32. *Tourte of Beautilles.*

Blanch your *Beautilles*, put them into a sheet of paste seasoned and garnished as the *tourte* of young Pigeons; bake it also alike, and serve it with a white sauce, or juice, or some Ragoust of tofts; you may put to it some pistaches, peeled and minced.

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The *tourte* of Sparrows is served like that of young Pigeons with a white sauce.

34. *Tourte of Larks.*

You may make it as that of the young Pigeons, But here is yet another way. Draw them, draw them, that them and pass them in the pan with lard, parsley, and mushrooms, then put them into your pan, and season them with yolks of eggs, capers and all what you have. Cover up your *Tourte*, and bake it two hours; after it is baked, serve it with a good sauce, or some juice.

35. *Tourte of Keal Sweet-breads.*

You may put them into fine or puff-paste, sticked and rolled, well seasoned and garnished, or else pass them in the pan with mushrooms, combs, truffes, morilles, yolks of eggs, bottoms of Artichokes, or some broken Sparagus; and thus make up your *Tourte* which you shall serve with a thickning of mushrooms upon it.

36. *Tourte of brawn of Capon.*

Take some quantity of brawns of Capon, mince them very small, and allay them with two yolks of Eggs, fresh Butten, a little Salt, Pistaches, much Sugar, a little juice, or good broth; make up your *tourte* with fine or puff-paste, Season it well, and if you will, you may add to it besides some pigons and cotants.

37. *Gammon of Bacon Pasty.*

Steep your Gammon all night in water, scrape it clean, and stuff it with all manner of sweet-herbs, cleanse them and chop them small with some yolks of hard Eggs, beaten Nutmeg and Pepper, stuff it and boil it; being tender and cold, pare the under side, take off the skin and season it

it with Nutmeg and Pepper, then lay it on your Pie or Pastie, with a few whole Cloves, and slices of raw Bacon over it and Butter, close it up in short paste, and bake it.

38. *Steak Pie with a pudding in it.*

Season your Steaks with Pepper and Nutmeg, and let it stand an hour in a Tray, then take a piece of the leanest of a leg of Mutton, and mince it small with suet, and a few sweet-herbs, tops of young Time, a branch of Penirial, two or three of red Sage, grated bread, yolks of Eggs, sweet Cream, Raisins of the Sun; work all together like a Pudding, with your hand stiff and roul them round like Balls; and put them into the Steaks in a deep Coffin, with a piece of sweet Butter; Sprinkle a little Verjuice on it, bake it; then cut it up, and roul Sage leaves, and stey them; and stick them upright in the walls, and serve your Pie without a Cover, with the juice of an Orange or Lemon.

39. *Wild Boar baked.*

Take the leg and season it well; lard it with big lard seasoned with Nutmeg, Pepper, and beaten Ginger, lay it in your Pie; being seasoned with these spices, and Salt all over, then put a few whole Cloves on it; a few Bay-leaves, large slices of lard, and good store of Butter, bake it in fine or course crust; being baked, liquor it with good sweet Butter, and stop up the vent.

If to keep long, bake it in an earthen pan in the above-said seasoning; when baked, fill it up with Butter, and you may keep it a whole year.

40. *Red Deer baked.*

Take a side of Red Deer, bone it and season it, then

then take out the back sinew and the skin, and lard the fillets or back with lard as big as your middle-finger, being first seasoned with Nutmeg and Pepper; then take four ounces of Pepper, as many of Nutmeg, and six ounces of Salt; mix them well together, and season the side of Venison, flasking it to make the seasoning the better enter, then put Butter in the bottom of the Pie, a quarter of an ounce of Cloves, and a Bay-leaf or two; then lay on the flesh, putting on some Cloves and good store of Butter, close it up, and let it stand eight hours in the Oven, forget not to baste the sides of your Pie with half a dozen Eggs beaten well together; when baked and cold, fill it up with sweet clarified butter.

For a side, or half a hanch of Red Deer, take half a bushel of Rye-meal, being coarsly seared, and make it up stiff with boiling water only.

41. *Calves Chaldron Pie.*

Take a Calves Chaldron, boil it tender, and being cold, mince it, and season it with Nutmeg, Pepper and Ginger, with Cinnamon, Salt, Caraway-seeds, Verjuice, some Currans, Sugar, Rose-water and Dates, stir them all together, and fill your Pie; when baked, ice it.

42. *Maremaid Pie.*

Take a Pig, slay it and quarter it, take also a good Eel slayed, spealed, boned and seasoned with Pepper, Salt and Nutmeg; then lay a quarter of your Pig in a round Pie, and part of the Eel on that quarter; then lay one other quarter on the other side, and more Eel; and thus keep the order, till your Pie be full, then lay on a few whole Cloves, slices of Bacon and Butter, and close it up,

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bake



bake it in fine crust, and afterwards fill it up with Butter.

43. *Fallow Deer baked, to be eaten hot or cold.*

Take Venison, bone and lard it with lard as big as your little finger, season it with two ounces of Pepper, two ounces of Nutmeg, and four ounces of Salt; then make your Pie, and lay therein some Butter, then lay in the flesh in the inside downward, coat it thick with seasoning, and put on the top of the meat, some Cloves, with good store of Butter, then baste up your Pie with Eggs, and so bake it, and so fill it up with clarified Butter.

44. *Marrow Pies.*

Take minced Veal and Beef-suet seasoned with Pepper, Salt, Nutmegs, and boiled Sparagus cut half an inch long, yolks of hard Eggs cut in quarters and mingled with the meat and marrow, fill your Pies herewith; then baste them with Saffron-water, bake then not too hard, and musk them.

Otherwaies your ingredients may be Flower, Sweet-breads, Marrow, Artichokes, Pistaches, Nutmeg, Eggs, Bacon, Veal-suet, Sparagus, Chestnuts, Musk, Saffron and Butter.

Or Flower, Butter, Veal, Suet, Pepper, Salt, Nutmeg, Sparagus, Rotatoes, Eggs, Grapes, Marrow and Saffron.

Or lastly, Flower, Butter, Eggs, Artichokes, Sweet-breads, Lamb-stones, Potatoes, Nutmeg, Pepper, Salt, Skirrets, Grapes and Bacon.

45. *Pepates, vulgarly in English called Petits, made of Veal, Pork, Lamb, any kind of Venison, Beef, Poultry or Fowl.*

Mince any of these with lard, then season them with

with Salt and a little Nutmeg, mix the meat with Pine-apple seed, and a few Grapes or Gooseberries, herewith fill the Pies, and being baked, liquor them with a little Gravy.

46. *Minced Pies after the Italian fashion.*

Parboil a leg of Veal, and being cold, mince it with Beef-suet, and season it with Pepper, Salt and Gooseberries, mix with it a little Verjuice, Currans, Sugar, and a little Saffron in Powder.

47. *Beef-Pallat Pies.*

Let your Pallats, Lips and Noses be boil'd tender and blanched, then take Cocks-stones and Corbbs, or Lambs-stones and Sweet-breads put into pieces, but let them be scalded; then take half a pint of great Oysters parboiled in their own liquor, quarter'd Dates, a handful of Pistaches, a few pickled Broom-buds, some fine interlarded Bacon, sliced very thin, being also scalded, ten Chestnuts roasted and blanched, season all these together with Salt, Nutmeg, and a good quantity of large Mace, fill the Pie, and put to it some sweet butter, and so bake it; being baked, cut up the lid, and liquor it with Butter, yolks of Eggs, Claret-wine, with sliced Lemon and Barberries placed above.

48. *Pheasant Pie.*

Take a brace of Pheasants, bone and lard them with big lard, then season them with an ounce of Pepper, as much Nutmeg, and two ounces of Salt, lay some Butter in the bottom of the Pie, then lay on the Fowl, and put in it six or eight Cloves whole, then put on all the seasoning, with good store of Butter, close it up, and baste it over with Eggs; being baked, fill it up with clarified Butter.

Thus you may bake Turkie, Chickens, Pea-chickens, Heath-pouts, Caponels, or Partridge, to be eaten cold.

49. *Pigeon Pie, wild or tame.*

Take half a dozen, pull, truss and draw them, wash and wipe them dry; then season them with Nutmeg, Pepper and Salt, as much as will suffice, then lay some butter in the bottom of the Pie, lay on the Pigeons, and put the seasoning on them in the Pie, put Butter a top and bake it; being cold, fill it up with clarified Butter.

Make the paste of a pottle of fine Flowre, and a quarter of a pound of Butter boil'd in water.

50. *Ollive Pie.*

Take sweet Marjoram, Tyme, Savory, Parsley, Sage, Spinage, Endive, Sorrel, Violet leaves and Strawberry leaves; mince them very small with some yolks of hard Eggs, then put to them half a pound of Currans, Nutmeg, Pepper, Cinnamon, Sugar and Salt, minced Raisins, Goose-berries, and Dates minced small, mingle all together, then take slices of a leg of Veal cut thin, and hacked with the back of a knife, lay them on a clean board, and strow on the aforesaid ingredients, roul them up, and put them in a Pie, then lay on them some Dates, Marrow, large Mace and some Butter, and so bake it; being baked, cut it up, and liquor it with Butter, Verjuice and Sugar, and put thereon a slic't Lemon, and serve it up with scraped Sugar.

51. *Steak Pies, a la mode de Paris.*

Season your Steaks with Pepper, Nutmeg and Salt lightly, then take a piece of the leanest of a leg of Mutton, and mince it small with some Beef-

Beef-suet, and a few sweet-herbs, some grated bread, yolks of Eggs, sweet Cream, Raisins of the Sun, &c. work all together, and make them into little balls, put them into a deep round Pie on the Steaks, then put to them some Butter, and sprinkle it with Verjuice; being baked, stick the balls with Bay-leaves rouled in Butter and fried; serve the Pie without a Cover, and liquor it with the juice of Oranges and Lemons.

52. *A Steak Pie after the English fashion.*  
Cut a neck, Loin or breast into Steaks, and season them with Pepper, Nutmeg and Salt, then get some few sweet-herbs minced small with an Onion, and the yolks of three or four hard Eggs minced also; then put the meat into the Pie with some Capers, and strow these materials on it, then put in Butter, and bake it moderately for three hours; let the Pie be round and pretty deep.

53. *Udder Pie after the Italian fashion.*

Take a young Udder and lard it, being seasoned with Nutmeg, Pepper, Cloves and Mace, boil it tender, and being cold, wrap it in a Caul of Veal, put it into the Pie with some slices of Veal under it; season them, and put some also on the top with some slices of lard and butter, close it up, and being baked, liquor it with clarified Butter; thus it is to be ordered to be eaten cold; if hot, liquor it with White-wine, Gravic and Butter.

54. *Battalia Pie.*

Take four Pigeons and truss them, and as many Ox-pallats well boiled and blanched, and cut into small pieces: take six Lamb-stones, and as many Sweet-breads of Veal cut in half, and par-boil'd,

boil'd, and twenty Cocks-combs boiled and blanched, and the bottoms of four Artichokes, with a pint of Oysters parboil'd and bearded, and the marrow of three bones, and then season all with Mace, Nutmeg and Salt, so put your meat in a coffin of fine paste, proportionable to the quantity of meat, put half a pound of Butter on your meat, and a little water in the Pie; let it stand in the Oven an hour and half, then take it out and pour the Butter out of the top of the Pie, and put it into leet of Gravy, Butter and Lemons, and so serve it up.

*Advice.*

The English Pie is made with puff-paste.

The Tourte of Franchipanne is made of paste allayed with whites of Eggs.

All kinds of Tourtes are made with fine or puff-paste.

Your Pasties for keeping, or to carry off, may be made with Rye-meal.

They that are to be eaten readily, make them with a paste more then half fine.

*The*

*The Manner and Method how to make ready the first Services for Fish-dayes out of Lent.*

1. *Soals with Ragoust.*

Take your Soals, scrape and empty them, drain them, and wipe them dry, then flowre them and pass them in the pan half fried; afterwards open them, take out the bone, and large them with Capers, Pine-seeds, Samphire, the peel of a Lemon finely minced, a little Nutmeg, large Mace and Salt, Mushrooms, Trouffes, Melts, very fresh Butter, a few chippings of Bread, a Chibol, a little Verjuice and broth, soak all together, and serve with the Juice of a Lemon over it.

2. *Soals souf.*

Draw them and wash them clean, then have a pint of fair water, with as much white wine, some Wine Vinegar and Salt; when the Kettle boils, put in the Soals, with a Clove or two, slice Ginger, and some large Mace, being boil'd and cold, serve them with the spices, some of the Gravy they were boild in, slice Lemon and Lemon-peel.

3. *Soals stewed.*

Being drawn, scalded and scorched, half fry them, then take Claret-wine and Salt, grated Ginger and a little Garlick, then boil this sauce in a dish; when it boils, put in the Soals, lay them on their backs, and then turn them; being enough, take them out of that Liquor, and put them into another dish, with a little

little of that Liquor, Anchoves and Butter, and serving them up, squeeze on some juice of Orange.

4. *Soals boiled.*

Take Soals, flay and draw them, scotching the one side with your knife, lay them on a dish, and pour on them some Vinegar and Salt, letting them lie in it half an hour, in the mean time set over some water on the fire, White-wine, six cloves of Garlick, and a faggot of sweet-herbs; then put the flesh into the boiling Liquor, with the Liquor wherein they were steep't; being boil'd, drain them well, then beat up your Butter very thick, with Anchoves minced small and dissolved in the Butter; when the fish is dished, pour it thereon, and strow a little grated Nutmeg, and minced Orange mixt with the Butter.

5. *Soals otherwayes dress'd.*

Take a pair of Soals, lard them with water'd salt Salmon, then flowre the Soals, and fry them in very strong Ale; being fried, put them into a warm dish, and put to them Anchove-sauce, made of some Gravie in the pan with Anchoves, grated Nutmeg, a little Butter, an Onion slic't small, give it a walm, and pour it on them with slices of Oranges.

6. *Pike with Ragoust.*

Cut it into pieces, and put it into a pot with White-wine, a bundle of herbs, and Butter very fresh, and season it well with Capers, Lemon cut through with your knife, Rosemary, and Mushroom; then after the sauce is very short, and well thickned, serve it with slices of Lemon and Pomgranate.

7. *Tenches*7. *Tenches with Ragoust.*

I. Scald and dress them, cut them into slices, and wash them well, then boil them in a pipkin with Salt, Pepper, Mace and an Onion; put in it half a pint of White-wine, and a little minced Parsley; and the sauce being very short, thicken it with yolks of Eggs; then serve.

8. *Tenches farced with Ragoust.*

II. Scald them, and take out the bones, then make a farce with the flesh, which you shall season; and with it farce your Tenches, with the yolks of hard Eggs; then set them a soaking in a dish with a little broth and white-wine, a few chippings of bread, Mushrooms, if you have any, Sparagus, Melts, and Trouffles; then serve.

9. *Tenches fried and pickled.*

After they are dressed, cut them in the middle, then pickle them with Salt, Pepper, Onion, and Lemon-peel; after they are pickled, take them out and dry them, flowre them with flowre, or allay two or three Eggs with a little flowre and salt, and fry them with refined Butter; after they are fried, set them a little a boiling with their pickle, then serve, and garnish with what you have.

10. *Capers stewed.*

Dress your Capers, take off the scales, and cut them proportionably to their bigness, seeth them in a pot, kettle or skillet, with White or Claret-wine, and season them well with Salt, Clove, Pepper, minced Onion, Chibol, Capers and some crusts of bread; seeth all well together, and when it is enough, and the sauce well thickned and short, serve.

11. *Cap*

11. *Carp farced with Ragoust.*

After your Carp is well scaled, empty it, and cut it along the back-bone, take off the skin, and take out the flesh, which you shall mince very small, and season it with Parsley, fresh Butter, Salt, Pepper, Cloves and Mace, a little Ginger, yolks of Eggs, Milk, and Melts, then make a Ragoust with broth, Verjuice, fresh Butter, Mushrooms, Sparagus, and Chibols; after it is well sod, and the sauce well thickned with chippings and Capers; serve.

12. *Carp fried with Ragoust.*

You must scale it and empty it, then slit it, and take out the bone, powder it with Salt and flower it, then fry it in refined Butter; after it is fried, serve it dry with the juice of an Orange over it.

13. *Carp boiled with Ragoust.*

Empty it as it comes out of the water, slice it on the top, butter it, and put it on the gridiron; when it is broiled, make a sauce with fresh Butter passed in the pan, Parsley and Chibol minced very small, Verjuice, Vinegar, and a little broth, season all well, and seeth it with Capers; if you will, serve with a green sauce, and serve as soon as you have put it in.

14. *Carp stewed a la mode de Cour.*

Take a Carp and split him down the back alive, and put it into boiling Liquor, then take a large stew-pan, and put in as much Claret as will cover it, wash off the blood, take out the Carp and put into the wine in the dish three or four slic't Onions, three or four blades of large Mace, Gross Pepper and Salt; when the stew-pan boils, put in the Carp, and cover it close; being thoroughly stewed,

stew'd, dish it up with carved sippets round about it, pour the Liquor on it, it was boiled in, with the spices, Onions, slic't Lemon and its peel; run it over with beaten Butter, and garnish the dish with dried grated bread.

15. *Carp roasted.*

Scale it, and lard it with Salt-Eel, Pepper and Nutmeg; then make a pudding of some minced Eel, Roach or Dace, some sweet herbs, grated bread, Cloves, Mace, Nutmeg, Pepper, Salt, yolks of Eggs, Pistaches, Chestnuts, and the Carps Melt parboil'd, and cut into Dice-work, with some fresh Eel minced; and among the pudding or farce, dish it up with beaten Butter and slic't Lemon.

16. *Carp with half short broth.*

Take your Carp as it comes out of the water, empty it and cut it proportionably to its bigness, put it with Vinegar, a very little Salt, Pepper, and minced Onion, then put it with Capers and very fresh Butter, seeth it in a kettle with its implements; and when the sauce is thickned, put it into a dish, lest it should smell of the bras, and serve.

17. *Half of Carps.*

Take Carps, scale them, empty them, and take off the skin, cutting it at the gills, and taking it off beneath, after they are unskinn'd, take off the flesh, and mince it with Parsley, then allay it with some broth and very fresh Butter, season it well, and seeth it with a bundle of herbs; when it is well sod, put to it Cream or Milk, with yolks of Eggs, if you will, and serve, well garnished with Sparagus, and melts of Carps.

Another

*Another way after the Italian.*

Take your Carp and draw him, then put a little Vinegar into him to make him bleed, and save the blood in a pipkin, then wash your Carp and boil him in water, some white-wine, salt and sweet-herbs; then take your blood and put into it the melt of the Carp, cut small some Oysters, Mushrooms, a few Capers, large Mace, Nutmeg, Pepper and Salt, let these boil together very leisurely over a gentle fire, then burn a little butter in the pan, to colour your sauce, and serve it on your Carps garnished with Smelts and small shell-fish, as you see occasion, sliced Lemons, Barberries, Grapes; rub the bottom of your dish with a clove of Garlick before you dish it, dish it upon your bread, being fried and soaked in your sauce.

*18. Bream with Ragoust.*

Emptie it, and put a bundle of herbs into the body of it, melt some Butter, rub it with it on the outside, and put it on the gridiron; after it is boiled, make a sauce with fresh Butter, Capers, Parsley, and minced Chibols, soak it well with Vinegar, and a little broth; after the sauce is well thickned; serve.

*19. Salmon with Ragoust.*

Broil it sticked with Cloves; after it is broiled, put it with a little very fresh butter, wine, salt, pepper, and sugar, stew all together, untill the sauce be short, and almost in a syrup; then serve.

*20. Salmon stewed.*

Cut into slices of the thickness of two or three fingers, and put it after the way of stewing, sticked with Cloves in a kettle with white or red wine, well seasoned with butter, salt and minced onion;  
seeth

seeth it well with capers, if you have any, when the sauce is short and thickned, serve, and garnish with what you will.

*Another way.*

Wash it clean in Vinegar and Water, and let it lie a while in it, then put it into a great pipkin with a cover, and put to it six or seven spoonfuls of Water, and four or five of Vinegar, and as much of White-wine, a good deal of Salt, a handful of sweet-herbs, a little white Sorrel, a few Cloves, a little stick of Cinnamon, a little Mace; put all these in a pipkin close, and set in a kettle of seething water, and let it stew three hours.

*21. Trouts Salmon'd.*

Seeth and pickle them, and serve them the same way as the common Trouts, of which you have the direction hereunder.

*22. Eels souc't in Collers.*

Take a good large silver Eel, sleigh it, and take out the back-bone, wash it, and wipe away the blood from it, then season it with beaten Nutmeg and Salt, cut off the head, and roul in the tail, being seasoned on the inside, bind it up in a fine white cloth close and streight, then put into a skillet Water and White-wine, of each a like quantity, and some Salt; when it boils, put in the Eel, being boil'd tender, take it up and let it cool; when it is almost cold, take it out of the cloth; pare it, and dish it with a sprig of Rosemary in the middle of the Coller.

*23. Eel pouts with Ragoust.*

Scrape them in warm water untill they be white, empty them, and put them in white-wine, fresh butter, salt, pepper, onion, and capers, stew them



them gently, and have a care that your sauce may not turn, that is, that it do not become oily; garnish with mushrooms and melis, and serve.

24. *Ele pouts fried with Ragoust.*

After they are dressed, if they are big, slit them on the back, and flowre them; then fry them half with refined butter; put them with Ragoust, and fry into it fresh butter, capers, juice of mushrooms, parsley, chibols, salt and pepper, and the sauce being very short and thickned, serve.

*Another way of Ele pouts stewed.*

After they are scalded, or as many do fley them, cut them, or leave them whole, and stew them with white-wine, a little onion, which if you will not have seen, you may stick whole with cloves, salt, pepper, butter, and a bunch of fine herbs; after they are sod, and the sauce very short and thickned, serve; you may put to it capers, anchovies, samphiere, or grapes.

25. *Oysters with half short broth salted.*

Blanch them well in water, then pass them in the pan with butter, parsley, chibols, and season them well, stew them with a little white-wine; after they are sod, and the sauce well thickned, serve.

*Another way.*

As they come out of the shell, put them on the chafen-dish with fresh butter, nutmeg, chibols, sticked with cloves, tyme, a few chippings of bread, and the juice of an orange or a lemon; after they are sod, serve.

*Another way.*

Take them dead or alive, cleanse and blanch them well, then pass them in the pan with an onion

onion very small, good fresh butter and capers, season them well, when they are sod, serve; you may fry them with lard and the same seasoning.

26. *Oysters stew'd a la mode.*

Open your Oysters, and parboil them in their own liquor, about the quantity of a pottle, then wash them from the dreggs in clean water, beard them and put them into a pipkin with some claret wine, and some of the liquor they were parboil'd in, a whole onion, some salt and pepper, and stew them till they are half done, then put them and their liquor into a frying-pan, fry them a pretty while, put to them a good piece of sweet butter, and fry them therein so much longer, then have a dozen of yolks of Eggs dissolved in wine vinegar, wherein you must put some minced parsley, and some grated Nutmeg, add these ingredients to the oysters, then shake them together in the frying-pan, and serve them up.

*Oisermayer.*

Boil great Oysters in their shells, brown and dry, but do not burn them; then put them into a pipkin, with some sweet butter, the juice of two or three oranges, a little pepper and grated nutmeg, give them a walm, and dish them with carved sippets, the dish garnished with fine scarced Manchet.

27. *Oysters with Ragoust.*

Take them very new, open them, and take heed they be not dry, by striking one against another; for they which sound hollow and dry, are only good for to be salted; after you have taken them out of the shell, take the gravel out of them, and put them in a dish with their water, and fry them

with fresh butter, onion, parsley well minced, capers, and a few chippings of bread; when they are enough, serve.

### 28. Oysters in Fritters.

Take them very new and blanch them, drain and dry them well; make a paste with verjuice or milk, wherewith you shall allay your flowre seasoned with salt; with an egg, or more proportionably; put your oysters into these implements, and take some refined butter, heat it well, and put your oysters therein, one after another; after they are fried, drain them, and strew on them a little small salt, beaten nutmeg, lemon peel, and spinage scalded and minced finely, and fried parsley; then serve.

### 29. Oysters broiled.

Open them, chuse the best, and let them lie in their shells, for to eat them new; to them which are something altered, put a very little fresh butter, with a little bread fryed, and a little nutmeg; then set them on the gridiron, after they are roasted, pass the fire shovel red hot over them, that they may have a colour, and take heed they be not too dry, and serve.

### 30. Villain with Ragoust.

After it is dressed, broil it on the gridiron with a bundle of herbs in the body of it well seasoned, after it is roasted, pass in the pan an onion minced with fresh butter, chippings, capers, and anchovies, all well seasoned according to your taste; stew all together, and serve.

### 31. Villain with short broth.

Broil it, after it is taken out of its broth; make a sauce Robert, and stew it with it, and serve with parsley.

### 32. Villain

### 32. Villain stewed.

You may stew it as a Carp, and season it well with capers, chibols, parsley, and good fresh butter, the sauce being very short, serve.

### 33. Soies broiled and farced.

Dress them as they come out of the water, and endore them with butter, then put them on the gridiron, with a little farce, or with some salt, and a twig of Sage.

For to make your farce, take sorrel, parsley, and raw yolks of eggs, mince and season all together with a twig of thyme, then put it into your Soies, and make a sauce with fresh butter, salt, vinegar pepper, chibol, and parsley, all passed in the pan, and the sauce very short, serve with a little nutmeg upon it.

### 34. Soies broiled without farce.

Broil them without farce, make a sauce alike, to which you shall add some capers; then serve.

### 35. Soies stewed.

Put them as a Carp, thicken the sauce well, garnish it with your Soies, and serve.

### 36. Barbels with Ragoust.

If they are small, stew them, seeth them well, and serve; it is all the ragoust that one may give them.

### 37. Barbel roasted.

If they are meanly big, dress them, and broil them on the gridiron, and serve with a sauce of sharp taste.

### 38. Barbels with half short broth.

Take them big enough, put them with the half short broth, with white-wine, fresh butter, salt, pepper, chibols, parsley, and capers; after they

they are well sod, and the sauce thickned; serve.

39. *Barbels with short broth.*

Seeth them in their short broth, after they are sod, take off the skin, and put them on a dish, then make your sauce thickned, and put it over it; which for to make well, take half a pound of new Butter, with a drop of Vinegar, or a little of half short broth; melt it, and as it melteth, put into it one or two yolks of Eggs proportionably, thicken it well, and take heed it becomes not oily.

For to make it with Vinegar alone, take Nutmeg, Salt, Gooseberries, or Verjuice, seeth all in Butter; when it is sod, take it out of your Butter, and put it with your sauce, then serve, for the sauce cannot be warmed again, without much prejudice and harm.

40. *Barbels stewed.*

They are done as the Carp, either whole or cut, with Verjuice of Grapes.

41. *Dabs in Castrolle.*

Dress them, and empty them under the Gills, cleanse them well, and drain them; after they are drained, put them in a bason or a skillet, with Butter, Chibols under, beaten Clove, Salt, Pepper, Capers, a little White-wine or Vinegar, and Mushrooms, seeth all together leasurly, left the flesh break off; after they are well sod, and the sauce thickned, serve the white side underneath, and garnish with your Mushrooms.

42. *Burrs in Castrolle.*

Dress and fit them as the Dabs, and serve alike.

43. *Burrs fried.*

Fry them, and put them with Ragoust, with the

the juice of Orange, fresh Butter, a whole Chibol, and minced Cadars; then serve.

44. *Burrs broiled.*

Broil them on the gridiron, and make a sauce with butter, Onion, Parsley, Salt, Pepper and Vinegar; after all is well fried together, soak it with your Burrs; let the sauce be well allayed, and serve.

45. *Plaice in Castrolle.*

Dress them as the Dabs, but on the other side, seeth, and make them ready alike, and serve.

46. *Plaice roasted.*

The Plaice are roasted as the Burrs.

47. *Plaice stewed.*

Draw them, and wash them clean, then put them in a stew-pan with some White-wine, Butter, some sweet-herbs, Nutmeg, Pepper, an Onion and Salt; being finely stewed, serve them with beaten Butter on carved sippets, with slic't Lemon.

*Otherwayes.*

Draw, wash, and scotch them, then fry them not too much, and put them in a stew-pan, put to them some Claret-wine, grated Nutmeg, Vinegar, Butter, Pepper and Salt, and stew them together with some slices of Orange.

48. *Barnicle with Ragoust.*

Pull it well, and dress it as a Duck, then lard it with great lardons of Ele or Carp, spit it, and in turning it, baste it with Butter, Vinegar, Salt, Pepper, Chibols, and Lemon-peel; after it is half roasted, put it in a pot with water, and the sauce wherewith you have basted it; after it is well sod, and seasoned, put to it Mushrooms, with Capers, and serve.

49. *Barnicle with short broth.*

Dress and lard it as above, then seeth it with water, and season it well, when it is half sod, put to it a quart of white-wine, and seeth it well; then serve it with parsley over it.

50. *Barnicle roasted with Ragoust.*

Roast it on the spit; after it is well roasted, put it on the gridiron, and make to it a sauce Robert, or such other as you will, then serve.

51. *Barnicle without bones.*

Farce it with what you have, mixed, and minced with the flesh of it, and put it with Ragoust, after it is sod, garnish it also with what you can, as mushrooms, Trouffles, Sparagus, *Andouillettes*, Melts, *Rissols*, or *fleurons*, season all well, and serve.

52. *Chewmes with roasted Ragoust.*

Empty it at the Gill, and put in it a little Salt, fine herbs, and an Onion, roast it; after it is roasted, make a sauce with fresh Butter, Chibols, minced Parsley, Capers, Gooseberries, or Verjuice, all passed in the pan, and well seasoned, stew it with your Chewme; allay the Liver of it with the sauce, if it is not thickned, or garnish with it; then serve.

53. *Chewme with short broth.*

Seeth it with a short broth, and when it is half sod, take it out and set it on the gridiron, then soak it with a brown sauce, and serve.

54. *Chewme stewed.*

Scald it well, seeth it after the way of stewing, after it is stewed very well, and the sauce allayed, so that it be not oily, serve.

55. *Lam-*55. *Lampraye with Ragoust.*

After it is dressed, make it ready and serve it as the Alofe stoved.

56. *Lampray on the gridiron with Ragoust.*

After it is dressed, cut it proportionably to its bigness, then put it on the gridiron; after it is briled, make to it such a sauce as you will, so that it be of sharp taste; then serve.

57. *Lampray bak'd to eat hot, after the Italian fashion.*

Fley your Lampray, and season it with Nutmeg, Salt, Pepper, Cinnamon and Ginger; then put it into a dish or Pasty-pan, either cut or whole, put to it Ransins, Currans, Prunes dried, Cherries, Dates and Butter, close it up and bake it; being baked, liquor it with strained Almonds, Grape-Verjuice, Sugar, sweet-herbs chopped and boiled all together, serve it with juice of Orange, White-wine, Cinnamon, and the blood of the Lampray, and ice it.

58. *Lampray with sweet sauce.*

Dress and cut it alike, make a sauce with Vinegar, Sugar, two or three Cloves, a little Butter, and a little Salt; stove, and serve.

*Another way.*

Cut into small pieces, and seeth it with Wine, and Sugar, and season it a very little, because of the Sugar, mix with it a little Butter and Capers; then serve.

59. *Eel roasted with a green sauce.*

Cut it in length, and roast it on the gridiron, then take Sorrel, or Beets, and take out the juice, fry an Onion very small, seasoned with Salt, Pepper, a drop of Vinegar, minced Capers, and

O 3.

Orange

Orange-peel; gently stew your Eel with this sauce, and when you are ready to serve, and your sauce well allayed, pour your juice over it; then serve.

**60. Eel stewed.**

Cut it into pieces, and stew it with Parsley, Capers, White-wine, fresh Butter, all well seasoned; then serve.

**61. Eel like Seruclat.**

Dress your Eel, and skin it; which to do, take it next to the head, and cut it, then with a clout draw the skin downwards; after it is skinned, cleave it in two, and take out the bone, beat it well, and slice it in two, spread your two slices, and put to it pepper, Salt, Butter, and parsley, rowl them up, and tie them very fast, put them into a pot with White-wine well seasoned, and seeth them well; after it is well sod, take it up, and cut it into slices, garnish a plate with it, and serve.

**62. Eels roasted.**

Take a good large silver Eel, draw it, fley and cut it into pieces three inches long, spit it on a small spit with some Bay-leaves, or large Sage-leaves between each piece, spit it cross-ways, and roast it; being roasted, serve it with beaten Butter and Elder Vinegar and pounded Nutmeg, or serve it with Venison-sauce, dredging it with beaten Caraway-seed, Cinnamon, Flowre and grated bread.

**63. Eel with Ragoust.**

Cut it into pieces, and put it in a pan or skillet with White-wine, Butter, Chibols, minced Parsley, Capers, Salt, Pepper, and a few chippings of

of bread to allay the sauce; after it is enough, serve; and, if you will, whiten with yolks of Eggs in Verjuice.

*Another way.*

You may fry it with refined Butter, or Oil; after it is dressed, cut the sides, and take out the bones, pickle it a while, and if you will garnish with it, fry it as soon as you will; if it is to serve warm, fry it only when you have use for it; which you shall do after you have dried it well, cut very thin and flowred, or fried in a paste. Serve with juice of Orange or Lemon.

*Another way.*

Broil it as the Lampray, and season it with sharp sauce, with what garnish you will.

**64. Sea Eel.**

Make it ready as the first Ragoust of common Eel.

**65. Sea Eel stewed.**

After it is dressed, cut it into lumps, and season it as the other stewings.

**66. Sea Eel fried with Ragoust.**

Make it as the second Ragoust of common Eel; then serve.

**67. Lobster with short broth.**

Seeth it with short broth, well seasoned with what is necessary; after it is sod, cleave it in two, and serve it with Vinegar and Parsley.

**68. Lobster with a white sauce.**

After it is sod, break it, and cut the flesh into pieces, which you shall fry with Butter, minced Parsley, and a drop of Verjuice, which being done, take three or four yolks of Eggs with a little Nutmeg, and put them in the pan, serve forth-

with and garnish with the feet of your Lobster.

*69. Lobsters broiled.*

Take the tails of your Lobsters and part them in two halves longways, crack the Claws, and so broil them, broil the barrel whole being salted, and baste it with Tyme, Rosemary, Parsley and Savory; being broiled enough, dish it, and serve it with Butter and Vinegar.

*70. Lobsters roasted.*

Half boil them; then take them out of the shells, and lard them with small lard of Salt Eel, lard the Claws and Tails, and spit the meat on a small spit, with some slices of the Eel, and Sage or Bay-leaves between, stick in the fish here and there a Clove or two, and some sprigs of Rosemary, roast the barrel of the Lobster whole, and baste them with sweet Butter; let your sauce be made of Claret-wine, the Gravic of the Lobsters, juice of Oranges, an Anchove or two, and sweet Butter beaten up thick with grated Nutmeg.

*Or thus.*

Make a farcing in the barrels of the Lobsters with the meat in them, some Almond-paste, Nutmeg, Tyme, sweet Marjoram, yolks of raw Eggs, Salt, and some Pistaches, and serve them with Venison Sauce.

*71. Langoust with short broth.*

Seeth it, season and fry it as the Lobster, and garnish with the feet of your Langoust; then serve.

*72. Langoust with white-sauce.*

It is done the same way as the Lobster, serve it dry with Parsley.

*73. Pike*

*73. Pike farced.*

Slit it all along the back, and take off the skin from the head to the tail, take out the flesh and the small bones, leave the back-bones for to keep it the firmer when it is farced. Which to do, take half of flesh of Pike, and half of Carp, or of Eel, mince it very small with Parsley, raw yolks of Eggs, Salt, Pepper, fine herbs, Butter and Milk mixed together, with Mushrooms; farce your Pike, and sew it up again, then seeth it in a dripping-pan, make your sauce with fish-broth, or pease-broth, a drop of Verjuice, and a little Vinegar, which you shall pass in the pan with Parsley, Capers and Mushrooms, which you shall season and seeth well; serve, and garnish with what you will, after it is well sod.

*74. Pike roasted on the spit.*

Dress it the same way, and spit it, to the end it may hold fast, wrap it with buttered paper, and when it is roasted, take it off the spit, and soak it in the same sauce as the other, and garnish it with Mushrooms, Melts of Carps, Pistaches, Trouffles, and broken Sparagus, and have a care that the sauce be not too fat; then serve with Pomgranate, or Lemon-peel.

*75. Fresh Mackerels roasted.*

Roast them with Fennel, after they are roasted, open them, and take out the bone; then make a good sauce with Butter, Parsley, and Gooseberries, all well seasoned; soak your Mackerels a very little with your sauce; then serve.

*76. Fresh Herring broiled.*

Empty them at the gills, and broil them on the gridiron, moistened with Butter; after they are broiled



broiled, make a sauce with fresh Butter, a drop of Vinegar, Salt, Pepper and Nutmeg, mix some Mustard with it, and serve.

**77. Herrings with brown sauce.**

After your Herrings are broiled, make a brown sauce, making your butter brown in the pan with Parsley, and Chibols minced, which you shall put into your brown Butter with a drop of Vinegar; if you will put to it Capers, and serve.

**78. Pilchers of Royant.**

After you have scaled them, make them ready as the broiled Herrings, serve with a white or brown sauce with Mustard.

**79. Rochet with Ragoust.**

After it is well dressed, put it into a dish, and season it well with Butter, Salt, Pepper, a bundle of Herbs, Mushrooms, minced Parsley, Verjuice and broth; seeth it between two dishes; after it is sod, serve it with a sauce thickned; as for the garnish, you shall put some, if you have any, if not, you shall let it alone. You may also make it ready as the *Grenost* which followeth.

**80. Crabs fried.**

Take Crabs and boil them; being cold, take the meat out of the great Claws, flour and fry it, and take the meat out of the body, strain half of it for sauce, and the other half to fry, and mix it with grated bread, Almond-paste, Nutmeg, Salt, and yolks of Eggs, fry it in clarified Butter, being first dipped in Butter, putting in a spoonful at a time; then let your sauce be made of Wine-Vinegar, Butter, juice of Oranges and grated Nutmeg, beat up your Butter thick, and put some of the meat that was strained into the sauce, lay the meat

meat on the sauce, and run it over with beaten Butter, fried Parsley round the dish brim, and the small leggs round the meat.

**81. Grenost with Ragoust.**

Dress and slit it, then butter it well on the outside, and broil it on the gridiron; after it is broiled, make a brown sauce, with which you shall soak it, for to cause it to take salt, and the savour of what you have put to it, serve.

**82. Fresh Cod broiled with Ragoust.**

After it is dressed, you must butter it, and broil it on the gridiron, seasoned with Salt and Cloves stuck; as it is broiling, baste it with Butter; after it is broiled, make a sauce with very fresh Butter, into which, after it is half brown, you shall put some minced Parsley, and if you will, some Onion or Chibol, which you may take out, for such as are fantastical; mix a little broth with it, a drop of Vinegar and minced Capers; soak your Cod in its sauce; when you are ready to serve, put some Mustard in it, if you will; then serve.

**83. Cod with half short broth.**

Seeth it with white-wine, salt, pepper, and a bundle of herbs; after it is sod, drain it, and make a sauce with butter, a little of its short broth; a little nutmeg and salt; set it on the fire, and turn it well; in turning of it, allay it with two yolks of eggs; and pour on it your Cod; then serve.

**84. Fresh Cod with Ragoust.**

After it is scaled, emptie it, slit it at the top, then put it into a dripping-pan, or into a flat basin, with good butter, salt, pepper, and beaten cloves, some chibols under, broth or pease-broth, boil all, and put to it some parsley, a drop of vinegar,

vinegar, and a few chippings of bread over it; seeth it before the fire, or in an oven, which is best; after it is sod, serve.

85. *Green fish.*

Take it unsalted, scrape it, and seeth it in a kettle with fresh water, boil it a very little, and scum it; after it is scummed, take it off the fire, and cover it with some table-cloth in double; when you are ready to serve, set it a draining; make a sauce with some butter alone, take heed that it curdle not, put it upon your fish, and serve with parsley on it, and about it.

86. *Soup of Fish.*

Take the flesh of Carp, Eel, and Tench, mince them together, and season them with a little butter very fresh, with capers, sampeir, some blades of large mace, and fine herbs; set up all into a linnen cloth, and tie it, then seeth it with white-wine like short broth; after it is sod, set it a draining; after it is drained, untie it, cut it into slices, and serve it on a plate as a Gammon of Bacon.

87. *Muscles stewed.*

Take your Muscles and wash them very clean, and boil them either in water or beer and salt, then take them out of the shells and beard them; fry them in clarified butter, and being tried, put away some of the butter, and put to them a sauce made of their own liquor, some sweet-herbs chopped, a little white wine, nutmeg, three or four yolks of eggs dissolved in wine-vinegar, salt, and some slic't Oranges, give them a walm or two in the frying-pan, make the sauce pretty thick, and dish them in the scollop shells.

Or

Or thus.

Take as much water as will cover your Muscles, set it a boiling; when it boils, put in your Muscles, being clean washed, put some Salt to them; being boil'd, take them out of the shells and beard them very well, then wash them in warm water, wipe them dry, flowre them, and fry them crisp; serve them with beaten Butter, juice of Orange and fryed Parsley, or fryed Sage dipt in Butter, fried Elicksander leaves, and slic't Oranges.

88. *Muscles.*

Cleanse them, and boil them a very little with a bundle of herbs, as soon as they are opened, take them up, and take them out of the shell, then fry them with fresh butter, Parsley, and minced Chibols, seasoned with Pepper and Nutmeg, then allay some yolks of Eggs with Verjuice, and mix them together, serve, and garnish with the best shaped of their shells.

89. *Ray fried with Ragout.*

Dress it, wash it well, and take off the slime which is upon it, then empty it, and take out the liver very neatly, and the gall also, if your Ray is big, take off the two sides also, and leave the body; seeth them with White-wine, or Verjuice, Salt, Pepper, large Mace, Onion, and fine herbs; when they are sod, let them take salt a little, and take heed of the relish of the brass; after that, take them out, and take off the skin, make a brown sauce with Butter, Parsley and Chibol, very small, and fried with brown Butter; put a drop of Vinegar to it, a piece of Liver, and soak it with it; serve with Gooseberries, or Verjuice

juice in the season, and garnished on the top with the rest of the Liver which you had in the kettle, your Ray being half sod, and cut it into slices.

**90. Smelts with Ragoust.**

File them up together into rows, thrusting a small twig through their eyes, flowre and fry them, put to them a little small Salt, and take out the twig, as you put them in the dish, then serve with Orange or Lemon.

**91. Scollops stewed.**

Boil them very well in white-wine, fair water and salt, take them out of the shells, and stew them with some of the liquor, Elder Vinegar, two or three Cloves, some large Mace, and some sweet herbs chopped small; being well stewed together, dish four or five of them in Scollop-shells with beaten Butter and juice of Oranges.

**92. Tripes of Cod fried.**

Seeth them, and after they are sod, fry them with Butter, Onion minced or Chibols, Parsley, Salt and Pepper, and at the latter end some Vinegar, and a little Nutmeg. You may whiten them with yolks of Eggs and with Verjuice, and serve.

**93. Cuttles fried.**

Boil them, after they are enough, cut them into pieces, and fry them as the tripes of Cods, and serve.

**94. Poor John fried.**

After it is well watered, cut it into pieces, and seeth it, after it sod drain it, and fry it with Butter, Onion, Pepper, Nutmeg, and Vinegar, then serve.

**95. Poor**

**95. Poor John with a Sauce Robert.**

You may put it with Butter, a drop of Verjuice, and some Mustard, you may also mix with it some Capers and Chibols.

**Another way.**

You may serve it with Oil, Vinegar, and Onion minced.

**96. Foal of Salmon with brown sauce.**

Unsalt it well, scale it, boil it in water, and seeth it proportionably, as it is thick, then let it rest; when you will use it, make a brown sauce, with Butter, Onion, Pepper, Vinegar; put it over it and serve.

**97. Salmon roasted.**

Take a Rand or Jole, cut it into four pieces, and season it with a little Nutmeg and Salt, stick a few Cloves, or you may lard it with pickled Herring, or a fat salt Eel; then put it on a small spit, putting between every piece some Bay-leaves, and stick it with little sprigs of Rosemary, roast it, and baste it with butter, save the Gravic, and when it is roasted enough, mingle the Gravic with sweet Butter, Wine-Vinegar, and some slices of Orange, and pour the sauce thereon.

**Another way.**

After it is sod, drain it, and let it cool; and serve it with minced Onion, Oil and Vinegar.

**98. Jole or Chine-piece of Salmon in Sallat.**

After it is sod, put it with Oil, Vinegar, Cresses, or other such Sallat as you will, and some Capers, if you have any, then serve.

**99. Tons pickled.**

Dress them, and cut them into slices; or pieces of the thickness of three inches, stick them with Cloves,

Cloves, and put them into a pot with Salt, Pepper, Vinegar, and some Bay-leaves; cover it well, and when you will use it, water your pieces, and seeth them with Wine; serve them dry, or with a brown sauce, seasoned with what you will.

100. *Mackerels salted.*

Slit them along the belly, and salt them; for to use them water them, and seeth them in water, after they are sod, serve them with Parsley, Vinegar and Pepper, you may put some Oil if you will.

*Another way.*

After they are sod, make a sauce to them with Butter, Onion, Vinegar, Pepper, and Mustard; stove and serve.

101. *Pickled Herring.*

Take salt Herrings as soon as they come out of the Sea, gill and gut them, and so barrel them; and when you will use them, water them, drain and dry them, then broil them and serve with Mustard or with Pease.

*Another way.*

You may serve them stewed, cutting them into pieces, and seething them with Onion and Butter.

102. *Red Herrings.*

After they are half salted, thred them, and hang them a smoaking in the Chimney, when you will use them, open them and steep them in Milk; for to serve, take them out, and broil them a very little on the gridiron, and serve, if you will, with Mustard.

103. *Ordinary Trouts.*

Dress them at the gills, pickle them; after they are pickled, slit them according to their bigness, and

and seeth them leasurly with a short broth, seasoned with all what is fitting, and whereof you shall find the making in several places of the Fish services; and take heed that their flesh do not break from the bones, after they are sod, serve them whole with Parsley, in a plated Napkin.

104. *Tamarine Carps, Mullet, Gurnet, Rochet or Whale, &c.*

Take a quart of Water, to a gallon of Vinegar, a good handful of Bay-leaves, as much Rosemary, a quarter of a pound of Pepper beaten; put all these together, and let it seeth softly, and season it with a little Salt; then fry your Fish with frying Oil till it be enough, then put it in an earthen vessel, and lay the Bay-leaves and Rosemary between and about the fish, and pour the broth upon it, and when it is cold, cover it, &c.

105. *Pie of Eel points.*

After they are dressed and well blanched, cut them in pieces, and put them in fine paste, or puff-paste, with some garnish, as Melts of Carps, Capers, Sampiere, pickled Cabbage, Pine-seeds, broken Sparagus, Mushrooms, yolks of Eggs, and season all well; then serve.

106. *Eel Pie.*

Cut it into round slices, and put it in your sheet of paste, well seasoned with yolks of Eggs, Parsley, Mushrooms, Sparagus, Melts, Verjuice of Grapes, or Gooseberries, in the season; do not spare Butter, Salt nor Pepper, cover your Pie, and endore it; for to keep it up, take some small bindings of paper, butter them, and put them round about it, and tie them softly with a thread; bake it, and after it is baked, allay three yolks of Eggs,

Eggs, with a drop of Verjuice and a little Nutmeg, and when you are ready to serve, put it in and mix it well, then open it, and serve it garnished round about with the crust into four.

*Or thus in the English fashion.*

Take half a dozen good Eels, fley them, and take out the bones, mince them, and season them with Nutmeg, Pepper and Salt, then lay some Butter in the Pie, and lay a lay of Eel, and a lay of water'd salt Eel, cut into great lard, as big as your finger, lay a lay of it, and another of minced Eel; thus lay five or six lays, and on the top lay on some whole Cloves, slic't Nutmeg, Butter and some slices of salt Eel, then close it up and bake it, when baked, fill it up with clarified Butter, and close the vent.

*Another way thus.*

Season your Eel with Nutmeg, Pepper and Salt, then lay them into your Pie, then put to it a few Chibols, or an onion minced, a few sweet herbs, and Lemon-peel minced, then put on it some Mushrooms, and a few Capers, some pickled Purslain, sliced Lemon, Grapes, and good store of Butter when you serve it, the liquor above expressed, is good to liquor it withall.

*107. Pie of Grenost.*

Dress your Grenost, or many, if you have them, and slit them at the top, make a sheet of fine paste, of what shape you will, make up your Pie, and when it is made up, put your fish in it; garnish with what you have, as Mushrooms, Capers, Parsley minced, hard yolks of Eggs, bottoms of Artichokes, and broken Sparagus, all well seasoned with Butter, Salt, Pepper and Nutmeg; then cover

and endore it. If it be raised, bind about it a butter'd paper; bake it, and forget not to give it vent, as soon as it hath taken crust, for it would take it of it self, and it may be, beneath, and so all the sauce should be lost, which you could not put in again the same way. After it is baked, make an allaying with yolks of Eggs raw, and a drop of Verjuice, and put it into your Pie at the top with a funnel, and mix it well on all sides with stirring of it; serve it warm, and garnished about with the upper crust, cut as you will.

*108. Salmon in stew'd broth.*

Take a Jole, Chine or Rand, put it into a stew-pan with as much Claret-wine as will cover it, some Raisins of the Sun, Prunes, Currans, large Mace, Cloves, whole Cinnamon, slic't Ginger and Salt; set it a stewing over a soft fire, and when it boils, put in some thickning of strained bread, or slowre strained with some Prunes; being stewed, dish it up on sippets, the fruit on it with slic't Lemon, and some Sugar in the sauce.

*109. Small Pies of Fish.*

Take out the bones of a Carp, and of an Eel, mince the flesh with Parsley, a small twig of thyme, and some Butter; after it is well minced, and seasoned with Nutmeg, make a fine paste, and make up your Pies of what bigness you will, fill them, cover them and endore them; upon the big ones you may put a head; after they are baked, serve.

*110. Pie of Plaice.*

After they are dressed, make up your Pie of the bigness of your Plaices, and put them in; fitted only on the top, and garnished with Mushrooms,

Sparagus, Artichokes, Capers, and hard yolks of Eggs, all well seasoned with very fresh Butter, Salt, Pepper, minced Parsley, and a slice of Lemon, or Orange; cover and bake it; when it is baked, mix with it some yolks of Eggs allayed with Vegetable juice; then serve.

### 11. *Tourte of Melts.*

Whiten them well, and drain them, then make your sheet of paste, and garnish it with Melts of Capers, Mushrooms, Trouffles, Capers, hard yolks of Eggs, broken Sparagus, bottoms of Artichokes, Salt, Mace, Pepper, Parsley and fresh Butter; cover it, and bake it in the Oven, or in a Tourt-pan. Endore it with Eggs, if it be in flesh-time; after it hath taken crust, give it vent; when it is baked, uncover it very neatly, cut the lid into four, put it round about, and serve.

### The way of making Eggs ready for the Entrees, or first Courses.

#### 1. *Eggs farced.*

Take Sorrel alone if you will, or with other herbs, wash, and swing them, then mince them very small, and put them between two dishes with fresh Butter, or pass them in the pan; after they are passed, soak and season them; after your farce is sod, take some hard Eggs, cut them into halves, across or in length, and take out the yolks, and mince them with your farce, and after all is well mixed, stew them over the fire, and put

to

to it a little Nutmeg, and serve garnished with the whites of your Eggs which you may make brown in the pan with brown Butter.

#### 2. *Eggs with bread.*

Take bread, crumb it, and pass it through a straining pan, if you will melt some Butter, being melted, put it with your bread and some Sugar, then chuse some very new-laid Eggs, as many as you have occasion for, and beat them well with your bread, Sugar, Butter, Salt, and a little Milk; for to seeth them, melt a piece of Butter very hot, put your implements into it, and seeth it; for to give them a colour, pass the fire-shovel red hot over them, and serve your Eggs sugar'd. You may make them ready in a dish, or in a Tourt-pan.

#### 3. *Eggs in Moon shine.*

Take them very new, melt a piece of very fresh Butter in them, put in your Eggs and a little Salt; when they are enough, put a little Nutmeg on them, and take heed the yolks do not break, nor be too hard; then serve.

#### 4. *Eggs with black Butter.*

Break very new-laid Eggs in a dish, and have a care that the yolks do not break, put Salt to them, make some Butter brown in the pan, and seeth them in it; after they are enough, put a drop of Vinegar in the pan, pass it over the fire, pour it on your Eggs, and serve.

#### 5. *Eggs with Milk.*

Break your Eggs, salt them and sugar them if you will, beat them well, and mix your milk with them; for to seeth them, melt a little fresh Butter in a dish; after it is melted, put your implements



in it, seeth them, and give a colour with the fire-shovel; when they are enough, sugar and serve.

**6. Eggs with Sorrel.**

Take very young Sorrel, after it is very clean and drained, put it between two dishes with Butter, Salt and Pepper, and when it is well consumed, allay the yolk of an Egg with it, and garnish it with Eggs cut into quarters, or as you will, and serve.

For to keep your Eggs alwayes fresh, put them into fresh water.

**7. Eggs fried into slices.**

Make them hard, take them out of the shell, and cut them into slices, then fry them with good Butter, Parsley, Chibols minced, Pepper, Gooseberries, or Verjuice of Grapes; after they are well fried and seasoned; put them into a dish with a drop of Vinegar passed in the pan. If the sauce is too short, put in it a drop of broth, then serve with Nutmeg; if you will, mix with it Capers, Mushrooms broken Sparagus, fried before you mix them, as also Mushrooms, for it would not be good otherwise.

**8. Eggs poached in water.**

Take the newest you can get, boil some water, and when it boils, break your Eggs in it, let them seeth a little, striking on the handle of the skillet, lest they stick on the bottom, and burn, then take them out softly, and drain them. For to serve, make a brown sauce, or green, with a handful of Sorrel, whereof you shall take out the juice, then melt a little butter, with Salt, Nutmeg, and the yolk of an Egg, all well seasoned and allayed together;

gether; after this you shall put your juice in them, and stir them, and serve forthwith.

**9. Eggs with Cream.**

Break some Eggs proportionably, take out half of the yolks, and beat them well with Sugar and Salt, mix your Cream with them, and seeth all in a skillet; after it is sod, serve them upon a plate, and sugar. If you will give a colour, you may do it with a hot fire-shovel; and if you do love sweet odours, you may put some.

**10. Cream Frayze.**

Break some Eggs, take out half of the whites, season them with Salt and Cream, and beat all well together, warm some Butter, a little more than ordinary; and when it is enough, serve it in square, or triangle, or as it is, and sugar it well if you will.

**11. Parsley Frayze.**

Break your Eggs, and season them with Salt, Parsley minced small, and Chibols, if you will, beat them well with Butter, and make your Frayze; after it is made, you may rowl it if you will, and cut it into round slices, garnish a plate with it, sugar, and serve as readily as you can.

**12. Eggs with Verjuice.**

After you have broken your Eggs, season them with Salt, and beat them well, take out the treads, and take out some embers, over which you shall turn them, in putting into them some Butter, and Verjuice of Grapes beaten, and passed in the pan; when they are enough, serve, but have a care they be not too thick.

**13. Eggs with Anchovies.**

Cleanse well your Anchovies, and water them, changing

changing often their water or wine, take out the bone, and set them melting in a dish with very fresh butter; when they are melted, break some Eggs, according to the proportion of your sauce; and after they are sod and mixed, serve them with a little Nutmeg.

## 14. Eggs with Cheese.

Take Butter and Cheese, and melt them together, which you may do easily, slicing your Cheese very thin; when they are melted, break as many Eggs as you think may seeth in what you have melted; after they are well beaten, put them over the fire, and stir them as they seeth; and when they are sod, not too thick, serve with a little Nutmeg.

## 15. Eggs mingled, or stirred together.

Melt some Butter with Eggs in a dish, seasoned with Salt, a little Pepper and Nutmeg; when they are on the fire, stir them with spoon until they be enough, and serve.

## 16. Eggs in Moon shine with Cream.

Make a bed of Butter in your dish, and break your Eggs over it, after they are broken, season them with Salt, then put some Cream to them until they be hidden, or some Milk, so that it be good, seeth them, and give them colour with the fire-shovel red, then serve.

## 17. Eggs made in glasses.

Make a preparation like that of the Eggs with bread, and add some Cream to it which is not sowre, and a little Sugar, and a few crumbs of bread, then take some ferneglasses, put them on a plate near the fire with a very little Butter in them; when the Butter is melted, put also your implements in these glasses; as they are before the fire

see they will seeth, but as they seeth turn them; after they are sod, pour them out upon another plate, they will come out of the glasses the sharp end upwards; serve them thus, and garnish them with Cinnamon and Lemon-peel preserved.

## 18. Farced Fraize.

Break your Eggs, and put more yolks than whites, put to them some remnant of Farces, if you have any, or make one of purpose, with all sorts of herbs according to your taste, and seeth it with butter or lard, then serve your Fraize sugar'd, if you will, and bend it square, or triangle, or roul it up to cut into slices.

## 19. Eggs in Snow.

Break some Eggs, sever the whites from the yolks, put the yolks in a dish upon Butter, and season them with Salt, and set them upon hot cinders; beat and whip well the whites, and a little before you serve, pour them on the yolks with a drop of Rose-water, and hold the fire-shovel over them; then sugar and serve.

## 20. Eggs fried.

Take fifteen Eggs and beat them in a dish, then have interlarded Bacon cut into small bits like Dice, and fry them with chopped Onions and put to them Cream, Nutmeg, Cloves, Cinnamon, Pepper, and sweet herbs chopped small, serve them with scraped Sugar and juice of Orange.

## 21. Eggs dressed hard.

Put some Butter into a dish with some Vinegar or Verjuice, and Salt; the butter being melted, put in two or three yolks of hard Eggs, dissolve them in the Butter and Verjuice for the sauce; then have hard Eggs, part them in halves or quarters,

ters, lay them in the sauce, and grate some Nutmeg over them.

### 22. Eggs buttered.

Take a score of Eggs, more or less, whites and yolks as you please, break them into a dish with some Salt, and set them over a quick Charcoal-fire, stir them with a silver spoon; being well butter'd, put to them the juice of three or four Oranges, Sugar, grated Nutmeg, and sometimes beaten Cinnamon, and so serve them.

### 23. Egg beske

Take a large dish, lay a lay of slices of Cheese between two lays of toasted cheat bread, put on them some clear Mutton-broth, green ordinary Pease-broth, or any other clear Pottage that is seasoned with Butter and Salt, cast on some chopped Parsley grossly minced, and upon that some poached Eggs.

### 24. Eggs in the Portugal fashion.

Strain the yolks of a score of Eggs, and beat them very well in a dish, put to them some Musk and Rose-water; then stew your Eggs on a soft fire; being stewed dish them on a french plate, and scrape Sugar thereon.

### 25. Eggs a la Huguenotte.

Break a dozen and half of Eggs, and beat them well together, put to them the pure Gravic of a leg of Mutton; stir and beat them well over a Chafen-dish of Coals with a little Salt, put to them the juice of Orange and Lemon, or Grape Verjuice; then put in some Mushrooms well seasoned and boiled. Observe, as soon as your Eggs are well incorporated with the Gravic and the other ingredients; then take them off from the

the fire, keeping them covered a while; then serve them with some grated Nutmeg over them.

### 26. Eggs Tausie fashion.

Take two dozen of Eggs, only the yolks, and strain them on Fleish dayes, with about half a pint of Gravic; on Fish dayes, with Cream, Milk and Salt, with four Mushrooms small grated, as much Bisket, some Rose-water, a little sack, and a quarter of a pound of Sugar; put to these a piece of Butter, as big as a Walnut, and set them on a Chafen-dish with some preserved Cieron, and some pounded Pistaches; being well buttered, dish it on a plate, and crown it with a hot fire-shovel; strow on fine Sugar, and stick it with preserved Lemon-peel in thin slices.

### 27. Eggs and Almonds.

Take eighteen Eggs and strain them with half a pound of Almond-paste, and half a pint of Sack, Sugar, Nutmeg and Rose-water, set them on the fire, and when they are enough, stick them with blanch'd and slic'd Almonds and Wafers, then scrape on some Sugar, and trim the dish with your finger.

### 28. Eggs broil'd.

Take an Oven-peel and heat it red hot, and having blown off the dust, break your Eggs thereon, and put them into a hot Oven, or brown them on the top with a red hot fire-shovel; being finely broil'd, put them into a dish with some Gravic, a little grated Nutmeg and Elder Vinegar.

### 29. Egg grandfarc'd dish.

Boil a dozen Eggs hard, and part them in halves long wayes, take out the yolks, mince them, and put to them some sweet herbs minced small, some boil'd

boil'd Currans, Sale, Sugar, Cinnamon, the yolks of two, or three raw Eggs, and some Almond-paste, mix all together, and fill the whites; then lay them in a dish with the yolks downwards with some Butter and bake them; serve them with carved Sippets, slic'd Orange and Sugar.

30. *Eggs compounded as big as twenty.*

Take twenty Eggs, part the yolks from the whites, and strain the whites by themselves, and the yolks by themselves, then have two Bladders, boil the yolks in the one fast tyed up as round as a ball, being boiled hard, put it into another Bladder with the whites about it, bind it up round like the former; being boil'd, it will appear like one perfect Egg: This serves for grand Sallets.

31. *Eggs butter'd on Toasts.*

Take a dozen and half of Eggs, and beat them in a dish with some Salt, and put Butter to them, then take large Manchets, cut them into Toasts, and toast them against the fire with a pound of sweet Butter; being well butter'd, lay the Toasts in a dish, put the Eggs on the Toasts, and garnish the dish with Pepper and Salt.

32. *Eggs the Polonian way.*

Take a dozen Eggs and beat them in a dish, then have bread steeped in Gravic; beat them together in a mortar with some Salt, then put a little preserved Lemon-peel into it, adding some Butter; then butter them according to former directions, and serve them upon Sippets.

33. *Eggs or Quelque Chose.*

Set on a Skillet either full of Milk or Water, make the liquor boil; then have a score of Eggs beaten together with Salt, and some sweet-herbs chopped,

chopped, run them through a Cullender into the boiling liquor; being not too hard boiled, take them up, and dish them with beaten Butter, juice of Orange and Lemons.

You may put the yolks in the middle of your Snow, which is made with your whites of Eggs whipped, and seeth them before the fire with a dish behind.

34. *Egg Fritas.*

Beat twelve Eggs with Cream, Sugar, Nutmeg, Mace, and Rose-water; then have two or three Sippets cut in round slices through Core and all, put them in a fryiny-pan, and fry them with sweet Butter; when they are enough, take half the Eggs and Cream, and fry them in other fresh Butter, stir it like a Tansie; when enough, dish it on a french plate, and put to it the juice of an Orange and some scrap'd Sugar.

### The Manner and Method how to serve the second Course of Fish.

*The Turbot in Casserole.*

Dissect it and empty it under the belly, stitching it there very neatly, or otherwise the gills; put it into a pan with White-wine until it steeps, and season it well with Salt, Pepper, Cloves, large Mace, fine herbs, as Rosemary, Thyme, and Onion, and let it seeth leisurely, lest the flesh should break

break off from the bones; after it is sod, let it rest a very little, lest it should take the taste of brags; serve it garnished with flowers and parsley.

You may cut it before you seeth it thus.

### 2. *Dish with short broth.*

It is made ready the same way as the Turbot, but that the short broth must not be of so sharp a taste, because it taketh salt sooner, being thinner; after it is sod, serve it with parsley upon it.

### 3. *Vives, or Sea-Dracons broiled on the Gridiron.*

They are dangerous, by reason of three prickles, which they have about the head; therefore when you dress them, remember to scrape them; and to cut off those three prickles, and the head at the gills, whereat you shall empty them; when they are thus dressed, and emptied, slit them on the outside, and melt some Butter, and pour some into the slits; with Salt and clove, then set them on the gridiron; when they are broiled, make a brown sauce with fresh Butter, Salt and Pepper, minced Parsley, Gooseberries, or Verjuice of Grapes, and a drop of Vinegar, pour your sauce on them, and serve.

### 4. *Soals fried.*

After they are dressed, dry them, and if they are big, slit them along the back, flowre them, and fry them in sallat Oil, or refined Butter; when they are fried, powder them with Salt on the outside, and serve with Orange.

### 5. *Salmon with short broth.*

Empty it at the gills, and slice it along the back, and put it in your short broth well seasoned; when it is enough, serve.

### 6. *Sturgeon*

### 6. *Sturgeon Olio.*

Take some Sturgeon, and mince it with fresh Bel, put to it some sweet-herbs minced small, some grated bread, yolks of Eggs, Salt, Nutmeg, Pepper, some Gooseberries, Grapes or Barberries, and make it into small rolls; then take fresh-fish, scaled, washed, dried, and parted into equal pieces, season them with Pepper, Nutmeg, Salt, and let them by, then make ready shell-fish, and season them as before; then take Potato's, Skirrets, Artichokes and Chesnuts, boil them, cleanse them, & season them with the former spices: next have yolks of hard Eggs, large Mace, Barberries, Grapes or Gooseberries, and Butter; make your Pie and put Butter in the bottom of it, mix them all together, and fill your Pie therewith, then put in two or three Bay-leaves, and a few whole Cloves, mix the minced balls among the other meat and roots; then lay on the top some large Mace, Potato's Barberries, Pistaches, Chesnuts and Butter, beaten with the juice of Oranges, cut open the cover, and seer it with an Egg or two.

### 7. *Sturgeon with short broth.*

You may serve it broiled on the gridiron, but in the second course, you must put it with short broth, and serve it as the Salmon, except when it is sod, you take two or three Napkins plated, and put them over it bespread with parsley, and thus you serve.

### 8. *Grenoff in Castrolle.*

Although it is commonly served with short broth, yet for the second course, it may be served in Castrolle, which to do, you must put it into a pipkin, season it well and garnish it with Mush-rooms

rooms and Trouffles; have a special care that when it is sod, the flesh do not break off from the bones.

9. *Bescard with short broth.*

Make ready and serve it as the Sturgeon above, Article 6. with three Napkins strewed with parsley.

10. *Porpoise with short broth.*

It is served and made ready the same way, as the Sturgeon and Bescard above, but that the seething of it is much longer, when it is enough, serve.

11. *Porpoise with Ragoust.*

Cut it into pieces, and roast it on the spit, as it roasteth, baste it with Butter, Salt, Vinegar, and Pepper; after it is well roasted, baste it with another sauce made with Butter and minced Onion, then mix all together and soak it, mix a little flowre with it, and serve.

12. *Burt with Ragoust.*

They are made ready the same way, as in the discourse of the first courses of fish.

13. *Sea Otter with short broth.*

Dress and prepare it for to put it with short broth, which you shall make ready the same way as that of the Barbels; when it is sod, serve it dry with Parsley in a Napkin over it.

14. *Sea Otter on the gridiron.*

Dress and broil it; when it is broiled, make a sauce to it as you will, so that it be of a sharp taste, and because those great lumps will hardly take a taste, slit them or slice them on the top, fork it with it's sauce, so that it be almost imbibed, or soaked into it; then serve it, and garnish with what you have.

15. *Ray*

15. *Ray fried.*

After it is well dressed and cleansed, pickle it with Vinegar well seasoned, and a little before you serve, fry it with refined Butter, or with fallat Oil; when it is well fried and crisp, set it a draining, and bestrew it with small Salt; then serve it whole, or the two sides set together again, with Orange.

16. *Holyburt, or Truburt fried.*

Cut the Fish into thin slices, hack it with a knife, and it will be ribbed, then fry it almost brown with Butter, take it up, draining all the Butter from it, make clean the pan, and put it in again with Claret, slice Ginger, Nutmeg, Anchovy, Salt and Saffron beaten, fry it till half be consumed; then put in a piece of Butter, shaking it well together with a minced Lemon, and rub the dish with a clove of Garlick.

17. *Tenches with short broth.*

After they are well scalded, you may put them with short broth, as abovesaid, and serve them with parsley.

18. *Chewmes with short broth.*

You may also put the Chewme with short broth, serving it with the scales, well seasoned with parsley in a napkin over it.

19. *Chewmes broiled.*

As it comes it of the short broth, put it on the gridiron; when it is broiled, make a sauce like Sauce Robert, and stew all together, but a very little; then serve, and if you will, put some Capers to it.

*Another way.*

After it is scaled and dressed at the gills, well  
Q  
cleansed



cleansed and dryed, frie it in fresh Butter, and broil it well, then slit it all along the back, take out all the the bones, and close it up again, take the Melt, and with store of good herbs make a sauce something sharp, because this Fish is sweet of it self; put into it Capers, Anchovies, Mushrooms, and thicken your sauce with a few chippings of bread passed in the pan.

Or otherwise make a Farce with Sorrel well seasoned, and after it hath boiled a very little, serve.

#### 20. Fresh Cod.

Put it after the way of short broth, and let it boil but a very little, and take it out again; then let it rest, and cover it with a table-cloth or a napkin, and when you will serve, drain it, make a sauce thickned, and serve with parsley.

#### 21. Breame roasted.

After it is dressed, broil it on the gridiron, and butter it on the top; when it is roasted, make a sauce with fresh Butter, Parsley, and Chibols, Vinegar, Salt and Pepper, put all together, and serve.

#### Another way.

You may put it with short broth, and then broil it, and after, a sauce with very fresh Butter, parsley and Chibols minced, pass all in the pan; and when you will serve, mix with it some Sorrel juice, and serve.

#### 22. Pike boil'd in white broth.

Cut your Pike in three pieces, then boil it in water, salt and sweet-herbs, pu in the fish when the liquor boils; then take the yolks of six Eggs, beat them with a little Sack, Sugar, melted Butter,

er, and some of the Pike-broth, then set it on the coals to keep it warm, stir it lest it curdle; then take up your Pike, put the head and tail together in a dish, cleaving the body in two, taking out the back-bone, then pour the broth on it, garnishing the dish with Sippets, strowing on fine Sugar.

#### 23. Pike with blew.

Dress it as it comes out of the water, and cut it, or leave it whole, and in this last water, slice it all along, then put it in a bason, and take Salt, Vinegar, Onion, Pepper, and Lemon, or Orange-peel good store, boil all together a very little, pour it on your Pike, and presently it becomes blew; to seeth it, boil your White-wine well seasoned with Salt, put your pike into it, and let it seeth; taste your short broth, if it be strong enough, and let the pike rest in it, until it hath taken a taste, have a care that it do not remain too long in it, and in this case, take it out until you be ready to serve, which you shall do warm, with Parsley in a Napkin.

#### 24. Pike boil'd a made de Londres.

Take a live Pike, draw him, and slit the River, wash him clean from the blood, and lay him in a Tray, then put some Salt and Vinegar to it; then set on a kettle with water and salt, and when it boils, put in your Pike, boil it but softly; when enough, make your sauce of beaten Butter, juice of Lemon, Grape Verjuice, or Wine Vinegar; dish up the Pike on carved Sippets, and pour on the sauce, garnish the dish with scalded Parsley, large Mace, Barberries, slic't Lemon, and Lemon-peel.

#### 25. Pike with sauct.

After it is sod as above said, take off the skin,

and take a drop of your short broth, put it in a dish with half the yolk of an Egg well allayed, some very fresh Butter, and Nutmeg; let the sauce be well thickned, and well seasoned with Salt, Chibols and peel, and if you will, put in Anchovies; but take heed it become not oily, and serve your Pike hot.

#### 26. *Trouts with short broth.*

Slice them proportionably to their bigness, and give some strength to your short broth; before you seeth them, dress them at the gills, and pickle them; after which let them seeth leisurely, lest the flesh leave the bones; after they are enough, serve them with Parsley in a Napkin plated, which you shall cover with flowers in the season.

#### 27. *Trouts Salman'd.*

Make them ready, and serve them as the common Trouts above written.

#### 28. *Perches with short broth.*

As they come out of the water, dress them at the gills, and put them in a short broth of White-wine, well seasoned with all kinds of good things, as Pepper, Salt, Cloves, large Mace, Lemon or Orange-peel, Chibols and Onion; after they are sod, take them out, and take off the skin; make a sauce with a drop of your short broth, allayed with Vinegar, the yolk of an Egg, an Onion in quarters, fresh Butter, Salt, and a very little of white Pepper; mix all together readily over the fire, pour it on your Perches, and serve.

#### 29. *Eel pouts.*

Make some water lukewarm, put them in it, take them out a while after, take off the slime with a knife, and thus you shall make them all white; then

then dress them, wash them, put them between two linnen Clothes, and dry them, set aside them which are big, and slit them on the top, for to serve to the Oil or refined Butter, with Salt and Orange, serve.

#### 30. *Eel pouts in Castrolle.*

Put your Eel-pouts in Castrolle, and season them with Butter, Salt, beaten Cloves, Pepper, large Mace, an Onion or Chibols, peels, a bundle of herbs, Verjuice, a drop of Vinegar, and a very little broth; when they are ready serve, and garnish, if you will, with Anchovies, Capers, Mushrooms, and any other garnish you have.

#### 31. *Pike roasted a la mode de Picardiu.*

Take a Pike, scour off the slime, and take out the entrails, lard the back with pickled Herrings, then take some great Oysters and Claret-wine, season the Oysters with Pepper and Nutmeg; stuff the belly with the Oysters, and intermix the stuffing with Rosemary, Time, Winter Savory, sweet Marjoram, a little Onion and Garlick, sow these in the belly of the Pike; then prepare two sticks about the breadth of a lath, and with these tie the Pike on the spit with Rosemary and Bays, baste the Pike with Butter, Claret-wine and Anchovies dissolved; dish it with the Gravic boil'd up.

#### 32. *Carp with blew.*

The best sort of Carp is that with Melt; take it alive, and season it to put it with short broth, in the same manner as the Pike above written in the 20th Article. If it is big, you may cut it into four, or slice it along the back, and put it in a bason into blew, if you will, seeth it in a fish-kettle, put a leaf in the bottom, take your Carp with

with a clout, season it well with Onion, Pepper, Salt, Cloves, and Mace, peel, and all well wrapped in your linnen cloth, set it a boiling, the least under it, lest it burn with much boiling, or that the linnen cloth stick to the kettle, let not your short broth be altered with any thing, but let it be well seasoned with all what is fitting. When it is boiled leisurely, serve it with Parsley in a Napkin.

## 33. Pike broiled.

Take a Pike, draw and scale it, boil it whole, splat or scotch it with your knife, wash out the blood clean, salt it, and having heated the grid-iron very hot, broil it on a soft fire, baste it with Butter, and turn it often; being finely broil'd, serve it in a dish with beaten Butter and juice of Lemons, garnish the dish with slices of Oranges and Rosemary.

## 34. Carp farced.

Take up the skin over the back as far as the belly, take out all the small bones, the tripes and melts, and take out of the head the gills and the tongue, then make a farce with a little flesh of Carp well minced, and seasoned with as much butter as flesh, a little parsley, chibols, and a bundle of fine herbs; allay all with an egg, or mix with it mushrooms, melts, or muscles, capers, and bottoms of artichokes, chibols, and tongues of Carps; put your farce into your carp all along, and leave a hollow, for to put what you have fried; season all well, and close it up, seeth it in a bason, or in a castrolle, (which is a kettle made in the form of a great tourt-pan, or as a kind of dripping-pan) or in a dish before the fire, with a drop of verjuice and a little broth, butter, and what

what you have remaining of your mushrooms, truffles or melts; soak all together leisurely, and, lest it sticks, put some chibols under it with a little verjuice, and some yolks of eggs, allay the sauce, and serve.

The Carp thus farced may be put into fine or puff-paste, and garnished with what you have.

## 35. Mackerel broiled.

Draw the Mackerel at the gills, wash and dry them, then salt and broil them with Mints and green Fennel on a soft fire, and baste them with Butter and Vinegar, or Oil and Vinegar, with Rosemary, Tyme and Parsley; dish it up with beaten butter, slices of Lemon or Orange.

## 36. Smelts.

Take them very new, file them, and dry them well; when you are ready to serve, flowre and fry them with Oil or Butter, take off the twig, and powder them a little with small Salt, and serve with Orange.

## 37. Plaice.

This Article is in the discourse of the Entrees, or first courses of fish, which it had been useless to repeat, and superfluous to quote by Articles, and Pages, because they may easily be found if you seek for them; in the mean time I advise you, that what I set you down, doth not oblige you to more or less in laying out of your convenient expenses, or layings out, but I do it to put you in mind of what may be served, not forgetting to tell you, that you may choose what you like best, and intermingle Pies or Tourtes proportionably to the dishes you have, observing to serve a Pie or Tourt after six dishes of Service.

*A Method to make ready the Intercourses for Fish-days.*

*1. Mushroom.*

**T**ake it very new, take out the gravel, and wash it with water or white-wine, then put it in a dish with fresh Butter well seasoned with Salt, white Pepper, chippings of bread, take heed it burns not too; after it is enough, put to it a little Nutmeg, the juice of Orange or Lemon, then serve.

*Another way.*

Pass it in the pan with very fresh butter, Parsley, a bundle of herbs, Pepper, Salt, and stew it in a dish, or in a pot, and when you will serve, put some Cream to it, or the yolk of an Egg, or a few chippings of bread, a little Nutmeg, and serve.

You may garnish it with what you will proportionably to the quantity you have.

*Another way.*

Blanch and wash them clean, if they be large quarter them, and boil them with salt and water, vinegar and sweet-herbs, large mace, cloves, bay-leaves, and two or three cloves of garlick; then take them up, dry them, dip them in batter, and fry them in clarified butter till they be brown, let your sauce be made of claret-wine, the juice of lemons, salt butter, the juice of horse-reddish root, slic't nutmeg and pepper; put these into a frying-pan with the yolks of eggs, shake them that they curdle not,

*Otherways.*

Take good Mutton-broth being cold, and no fat, mix it with Flowre and Eggs, some Salt, beaten Nutmeg and Ginger, beat them well together; then take Pippins, pare and core them, and cut

cut them into Dice-work or square bits, and when you will fry them, put them into the Batter, and fry them with clarified suet, then sugar them.

*2. Mushrooms with Cream.*

Take them very new, and the smallest, for they are best, peel them dry, and wash them in water, and take them out forthwith, and drain them, cut the biggest; and together with the smallest, fry them with fresh Butter, Chibols minced very small, Salt, and Pepper, then soak them in a small pot until you be ready to serve, and then you may put some Cream to them, which when it hath boiled a little while, and the sauce being thickned, you may serve.

*3. Trouffles.*

Seeth them with a short broth, when they are sod, serve them in a plated napkin.

*Another way.*

Serve them the same way as the Mushroom, and put a little broth to them, cream, and some juice, when they are cut very thin, and sod, serve.

*Another way.*

Peel them, and cut them very small, and very thin, then pass them in the pan, and season them with a very little Salt, because they must boil long with some broth, which you judge to be good; after they are sod, unsalt them, and let the sauce be somewhat thickned with some thickning, or with some chippings of bread; then serve.

*Another way.*

As they come out of the sand, wash them with white-wine, seeth them with strong wine, much Salt, Mace, a bundle of sweet herbs, a few Chibols, and Pepper, after they are sod, serve them with a plated napkin.

*4. Eggs*

## 4. Eggs spun.

You shall find them in the Intercourses of the Flesh-dayes, and the way how to serve them.

## 5. Nollcs.

Take four or five yolks of Eggs, some very fresh Cream, much Sugar, a little Salt, beat well all together, and seeth it on a hollow plate, or on a dish, pass the fire-shovel red hot over it, besprinkle it with sweet waters, serve and sugar, with Sugar musked.

## 6. Eggs delicately dressed.

You shall find the manner of making and serving them in the middle courses of Flesh-daies.

## 7. Tourt of Franchipanne.

You shall find it in the discourses, and in the Table of Pastery of Flesh-daies.

## 8. Frayze with Cream.

Take store of yolks of Eggs, few whites, and a little Cream, some salt proportionably, beat all together, and a little before you serve, make your Frayze, and if you will, sugar it, and serve.

## 9. Fritters.

Take four small Cheeses, white and soft, six Eggs, half a pint of Flowre, and a little Salt, beat all together, and try it, for the Cheeses are sometimes too soft, or too dry, &c.

## Otherwayes.

Peel them, and put them in a clean dish, strow Salt on them, and put an Onion to them, some sweet-herbs, large Mace, Pepper, Butter, Salt and two three Cloves; being tender stewed on a soft fire, put to them some grated bread, and a little white-wine, stew them a little more, and dish them, rubbing the bottom of your dish with Garlick.

lick; let there be Sippets and slic't Orange on them, and run them over with beaten Butter.

## 10. Stiffer Fritters.

Make them the same way, but that you must put a little more flowre; draw them out very small with a handle of a spoon; after they are fried, serve them sugar'd, and besprinkled with Orange flowers.

## Otherwayes in the Italian fashion.

Take a pound of Rice, and boil it in a pint of Cream, being thick, lay it in a broad dish to cool; then stamp it in a stone Mortar with a pound of old Cheese grated, some Musk, with the yolks of half a dozen hard Eggs, Sugar and grated Manchet; the paste being stiff, make it into balls, if too tender, work it with more flowre and grated bread; being fried, scrape thereon Sugar, and garnish the Balls with stock Fritters.

## Paste spun.

You shall find the fashion of dressing and serving of it in Flesh-dayes.

## 11. Servelat of Eele.

Dress your Eele, and slit it in two, take out the bone, beat well the flesh, and season it, roul it up, and bind it; after it is bound, wrap it up in a small linnen cloth, and seeth it in a pot with Wine, Salt, Pepper, Cloves, Mace, Onion, fine herbs, and let the sauce be reduced to a small quantity; after it is well sod, unwrap it, and cut it into very thin slices, then serve it dry, or with some sauce.

## 12. Melts of Carp fried.

Cleanse them well, and blanch them in water, and dry them, when you will serve, flowre and fry them; when they are fried, serve with Salt and Orange.

## 13. Melts



13. *Melts with Ragoust.*

Blanch them in water, and put them in a dish with a little White-wine, well seasoned with Butter, Salt, a bundle of herbs, Pepper, some juice of Mushrooms, a few Capers and Anchovies; after the sauce is thickned, serve it with juice of Orange, Lemon juice, and Nutmeg.

14. *Liver of Eel pouts.*

Take it out of the fish, and put it into a dish with very fresh Butter, a few fine herbs, Parsley minced very small, Mushrooms also small, of the best of your broths, minced Capers and an Anchovie; when it is well sod, and the sauce thickned, serve.

*Another way.*

Fry it, if you will, and serve it with Salt, juice of Orange or Lemon.

*Oshermayer.*

Take two large Pikes, scale, draw, and wash them clean from the blood; then put to them a gallon and half of good White-wine, and an ounce of Ising-glass, boil them in a large Pipkin to a Jelly, scum it clean, and blow off the fat; then take a quart of sweet Cream, a quart of the Jelly, a pound and half of double refin'd Sugar fine beaten, and a quarter of a pint of Rose-water, put all together in a clean bason, and give them a walm on the fire, with half an ounce of fine scarfed Sugar; then set it to cool, and dish it.

15. *Jelly of Fish.*

Take scales of Carp, half a dozen of Tenches, three pints of White-wine, seeth all well together with a little Salt and Cinnamon, and four Cloves, strain all through a Napkin, that is, squeeze or press

press it to have the juice of it, and put to it one pound of Sugar, take a dozen of Eggs, fry the whites of them; let your strainer be ready and very clean, warm your Jelly, and when it is ready to boil, pour into it the juice of five Lemons, and the whites of your Eggs; when it begins to boil, pour it into the strainer, and strain it again, until it be very clear; put it after the natural way upon a plate, or in a dish, and serve.

16. *White Meat.*

Make it of the remnant of your Jelly, and put into it some stamped Almonds and a drop of Milk, strain it, and make it into white meat, and when it is cold, serve.

17. *Green Jelly.*

It is made the same way; strain it with a very little juice of Beets, and serve cold.

18. *Artichokes stewed.*

The Artichokes being boil'd, take out the core, and take off the leaves, cut the bottom into quarters splitting them in the middle, then have a flat stewing-pan with Manchet Tosts therein, lay the Artichokes on them with the Marrow of two bones, five or six blades of large Mace, half a pound of preserved Plumbs with the Syrup, Verjuice and Sugar; stew these together two hours, and serve them up in the same dish they were stewed in.

19. *Artichokes fried.*

Cut as to eat with Pepper, cut off also the sharp ends, and whiten them in warm water, then set them a drying, and flowre them for to fry when as you have occasion; serve them garnished with fried Parsley.

19. *Spasagus*



19. *Sparagus with white sauce.*

As they come from the garden, scrape them, and cut them equally; seeth them with water and Salt; take them out, as little sod as you can, it is the better, and set them a draining, then make a sauce with fresh Butter, the yolk of an Egg, Salt, Nutmeg, beaten Pepper, a small drop of Vinegar, and when all is well stirred together, and the sauce thickned, serve your Sparagus.

21. *Sparagus with Cream.*

Cut them in three pieces, and when you have blancht them, fry also well seasoned; after they are fried, put your Cream in, and soak them with it, if the sauce is too thin, put some yolks of in it to thicken it, and serve.

22. *Celerins.*

It is eaten with Pepper and Salt, or with Oil, Pepper and Salt.

23. *Colliflowers.*

Dress and blanch them, seeth them with water and salt; after they are sod, set them a draining; and make a sauce as for the Sparagus, then serve.

24. *Gammon of Fish.*

Take the flesh of many Carps, with a little Eel, mince well all together, and season it with Butter, and gather it together in the form of a Gammon, fill up the skins of your Carps with it, sow them up again, and wrap them up in a veey fat linnen cloth; seeth them in a pot with half Wine, and half Water, well seasoned with Salt, &c. consume well your sauce, after they are sod, take them out, and unwrap them all warm.

You may serve them warm and cold, and every way garnished as a Gammon.

25. *Tortoise*25. *Tortoise with Ragout.*

One may eat them at all times, you may make any thickning with them, and you may use them for Pottages, to garnish, and for many other things.

*Apple Fritters.*

You shall find this Article and the four which follow, in the discourses of Flesh-daies, and for the fashion of Eggs have recourse to the Table.

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*A Method how to make ready that which may be found in Gardens, and may upon occasion be served up in first Courses and Intercourses of the Fish-dayes, Flesh-dayes, or in Lent.*

1. *Skirrets.*

**B**oil them a very tittle, then peel them for to boil in brown Butter; after they are filed, serve.

*Another way.*

For the Flesh-daies, make a paste liquid enough with Eggs, a little Salt and a little Flowre; for to make it more dainty, mix with it some soft Cheese, dip your Skirrets into it, fry and serve them.

*Another way.*

For to fry them in Lent, allay your Meal with a little Milk or Verjuice, and more Salt; dip your Skirrets in this, and fry them in refined Butter, for

for the better; if you will, garnish them with fried Parsley, which to fry, when it is very clean and dry, you throw it into your frying-pan very hot, then take it out forthwith, and set it before fire, so that it be very green; serve your Skirrets with Parsley round about.

### 2. *Pap of flower of wheat.*

It is made the same way, as that of flower of Rice, and they will seeth as much the one as the other. For to make them, allay them with a very little Milk and Salt, out of Lent, put some yolks of Eggs to it, a little Butter, and some Sugar seeth it leisurely, so that somewhat may stick to the bottom of the skillet, serve, and sugar.

### 3. *Hops.*

Cleanse them well, and leave nothing but the green, boil them a little while in water, then drain them, and put them in a dish with a little Butter, a drop of Vinegar, a little of your best broth, some Salt and Nutmeg; soak them for to use them in garnish, or for some other thing.

### 4. *Lentice.*

For to garnish with them all kinds of Pottages, be it of Pullers, Pigeons, Pease-broth, Herbs, or of Health, blanch them well, and wash them; soak them in a pot with some of the best of your broths; In Flesh-daies, season them with what is fat; In fast daies, season them with Butter, and when they are sod, cut them into halves, and garnish your Pottages with them, and serve.

### 5. *Pumpkin.*

Slice it very thin, and fry it with Butter; when it hath gotten a good colour, soak it between two dishes, with an Onion, or a Chibollicked

licked with Cloves, Salt, Pepper, Nutmeg, and Verjuice of Grapes, if you have any; when it is enough, serve. You may also put it with Cream.

### *Another way.*

Cut it into great pieces, and seeth it in a pot with water, when it is well sod, take out the water, strain your Pumpkin, and fry it with Butter, and an Onion minced very small, season it with a drop of Verjuice, Nutmeg, and serve.

### *Another way.*

After it is strained as above said, put to it very fresh Butter, and let it melt with the Pumpkin; some Sugar and Almonds, put your implements into a sheet of fine paste, in the form of a Tourte, and bake it; when it is baked, sugar it, and serve.

Many do put Pepper to it; put a very little Salt to it, and you may garnish it with preserved Lemon-peel cut into slices.

### 6. *Parsnips.*

Cut off the strings of them, wash them well, and seeth them; when they are sod, peel them, and cut them as you will; put them in a dish with very fresh Butter, Salt, Pepper, Nutmeg and a drop of broth, or a drop of Vinegar, or Verjuice; soak all together, and stir it well; thus you will find your sauce thickned; then serve.

### *Another way.*

Make them ready as the Skirrets above, Article 1. and serve them with juice of Orange, or Verjuice, and a little Salt.

### 7. *Goats-beard.*

Seeth them as the Parsnips, after they are sod, make the sauce alike, and serve.

You may serve them fried.

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### 8. *Carrots*

## 8. Carrots.

Cleanse and sceth them; when they are sod, peel them; and cut them into very thin round slices, frie them with fresh Butter, an Onion minced, Salt, Pepper and Vinegar; then serve.

## 9. Red Beets.

After they are well cleansed, and well sod in water, or in the Cinders, pare them, and cut them into round slices; fry them with a minced Onion, well seasoned with a drop of Vinegar and good fresh Butter; when they are well fried, serve.

*Another way.*

After they are sod or baked, cut them as above-said, and put them with Oil, Vinegar and Salt; then serve.

## 10. Jerusalem Artichokes.

Bake them in the embers; after they are well baked, peel, and cut them into round slices; frie them with very fresh Butter, an Onion, Salt, Pepper and Vinegar; when they are well fried, serve with a little Nutmeg.

## 11. Cucumbers.

Pare and cut them into round slices, fry them with very fresh Butter; after they are fried, put in an Onion, Salt and Pepper, and let them soak well on the Chafin-dish; then serve with the yolks of Eggs, if you will.

*Another way.*

For to preserve or pickle them, take them very young, and very small; blanch them in fresh water, and drain them; then put them into a pot with Salt, Pepper and Vinegar, cover them well, and do not forget Cloves.

*Another**Another way.*

Cut them very thin, then put them with Onion, Salt, Salt, Pepper and Vinegar; after they are well pickled, drain them, and for to serve them, put some Oil to them, and serve them in Salade.

## 12. Turnips.

Scrape them, blanch them, and sceth them with water, Butter and Salt; after they are enough, put them in a dish with very fresh Butter; you may put in some Mustard; serve with Nutmeg.

## 13. Apples fried.

Pare and cut them into round slices, and fry them with very fresh Butter; when they are fried, serve, making a broth with a little Nutmeg.

*Another way.*

Cut them into halves, take out the cores, serve them in the skin, and put them in a dish with Butter, Sugar, and Water, and a little Cinnamon, let them sceth thus; when they are enough, serve them sugar'd.

## 14. Apple Cream.

Take twelve Pippins, pare, slice or quarter them; put them into a skillet with some Claret wine, and a race of Ginger sliced thin, some Lemon-peel cut small, and some Sugar, let these stew together till they are soft; then put them in a dish, and when they be cold, take a quart of Cream boil'd with a little Nutmeg, and put therein of the Apple to thicken it as you please, and serve it up.

*Red Carrots.*

They are made ready in the same manner as the white ones.

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15. Spa-

15. *Sparagus fried.*

Break them, cut them into small pieces, and wash them; after they are drained, fry them with very fresh Butter, and season them with Salt, Pepper, and minced Parsley; after they are fried, stew them on a chafen-dish with an Onion stuck with Cloves, and a drop of broth; then serve with Nutmeg.

You may also put some Cream, if you will.

16. *White Suceory*

Blanch it well in water, and drain it, then bind it, and seeth it in a pot with water; butter and salt; when it is well sod, take it out, and drain it again; afterwards you shall stew it on the chafen-dish, with butter, salt, nutmeg, and a drop of Vinegar; when you are ready to serve, make a sauce thickned, and serve.

*Another way.*

After it is blanched, prepare it into a Sallat, with Salt, Vinegar and Sugar; then serve.

17. *Cardes of Beets.*

Take of the strings, and blanch your Cardes in fresh water, then seeth them in a pot, or kittle with water, butter, a crust of bread and salt; when they are sod enough, take them out, and set them a soaking in a dish with butter, until you be ready to use them; and then warm them, and fit them on a plate; then make a sauce allayed with very fresh butter, a drop of Vinegar, and some Nutmeg; then serve.

18. *Cardes of Artichokes.*

Choose the whitest, take out the strings, and blanch them; after they are blancht, seeth them with salt and water, a piece of butter, and a crust

of bread; when they are sod very well, garnish your dish, and make a white sauce, and serve.

19. *Pease strained.*

Steep your Pease, wash them well, and seeth them in hot water; and fill them again with it; after they are sod, bray them, and strain them through a strainer, take some of the thickest pease-broth, and soak on the chafen-dish with Butter, Salt, and Onion whole, stuck with Cloves; then serve.

You may serve, and fry pease whole, with very fresh butter, salt, minced onion, Pepper and Vinegar; In Lent, garnish them with herrings.

20. *Trouffles of Entree (or first course.)*

Cleanse them well, peel them, and fry them with very fresh butter, an onion stuck with Cloves, a little minced parsley; and a drop of broth; stew them between two dishes; and the sauce being a little thickned, serve.

## Instructions how to make Pastry-work for Fish.

*Before I proceed to discover to you how to make ready these things, because there will often be made mention of divers sorts of Pastes, I judge it to be to the purpose, to give you some few Instructions how to make them.*

**T**He puff-paste is made thus. Take four pounds of flowre, allayed with Salt and Water, very sweet nevertheless; after it is a little rested, spread it with the quantity of two pounds of Butter, join them together, and leave a third part of your paste empty, for to fold it up into three, and when your Butter is shut up, spread your paste again very square, for to fold it up four-fold; after this, turn it up thus, other three turns, and set it in a cool place, for to use it upon occasion: And then spread your paste proportionably to the Pie or Tourte which you have a mind to make up; and observe that this paste is harder to be fed then any other, lest you deceive your self.

The fine paste is made up with four pounds of flowre, and one pound and a half of Butter, which you must allay very well together with Salt; after this, set it rest untill you have use for it, and make with it Pies or Tourtes.

The patte with warm water is made the same way, but you warm the water and the butter; after

after it is made, let it rest more then the other, and handle it but a very little, lest it burn; make Pie or Tourte with it.

The brown paste is made with Rye-flowre, Water and little Butter; you may put to it, if you will, some Salt and Pepper; when it is very strong and asked, make Venison Pasties with it.

All kind of Pies, fat or lean, which are eaten warm, are seasoned the self same way, according to the sorts of meat. You may put in it the same garnish, as Mushrooms, Prouilles, Sparagus, yolks of Eggs, bottoms of Artichokes, Capers, Cardes, Pistaches.

For the flesh Pies, besides the Garden Garnishes, you may put in Veal Sweet-breads, Kidneys, Combs, &c.

The flesh Pies garnished, and of very tender meat, will not endure the Oven above two hours and a half; they of the Fish big or small, of the same size, as long.

The Pie of young Hare will not be in the Oven above two hours, be it in puff-paste or other; it is served warm and uncovered.

The Pies which you will keep; must be of a deeper taste or high-gust, than those which you make to eat warm; if you carry them far, the paste must be somewhat brown, and if it be fine, you must get a basket made for the purpose for to carry them in.

You must lard your lean Pies with Eels or Carp, well seasoned with Pepper, Salt, Vinegar, and beaten Cloves; make your paste fine or otherwise, and season your Pie with Cloves, Salt, Pepper, fine herbs, and when it is made up, caudore it,



in the flesh, daies, with the yolk of an Egg; in Lent, with Eggs of Pike, allayed with water, and put it in the Oven, and a while after, give it yett

After the foregoing instruction, we now give Advice, which is not unuseful; let us now come to the Method of the Pastry-work for Fish, concerning Pies and Tourts.

### 1. Salmon Pie.

After your fish is dressed, lard it with Eel or Carp, seasoned with Pepper, Salt, and beaten Cloves, then put it in paste, and over it a Bay leaf, and good fresh Butter, or beaten Lard, according as you will use it; besprinkle it with Lard, with a drop of Vinegar, and close it up after the form of the Fish; after it is baked, serve it warm or cold.

The Pies of Tourt, Beaze, Carp, and Sturgeon, are made up alike.

### 2. Oshermayer.

Take a Salmon newly caught, scale, draw, and wipe it dry, scrape out the blood from the back bone, scorch it on the back side, and season it with Pepper, Nutmeg and Salt; the Pie being made, put Butter in the bottom of it, a few whole Cloves, and some of the seasoning lay on the Salmon, and put some whole Cloves on it, some slice Nutmeg and Butter, close it up, and baste it over with Eggs; being baked, fill it up with clarified Butter.

Other-

Since a Band of fresh Salmon very small with a good fresh-water Eel sliced and boned; then mince some Violet-leaves, Sorrel, Strawberry-leaves, Parsley, Sage, Savory, Marjoram and Time, mingle all together with the meat, Currans, Cinnamon, Nutmeg, Pepper, Salt, Sugar, Carraways, Rose-water, White-wine, and some minced Orange put Butter in the Bottom of the Pie, fill them, and being baked, ice them, and scrape on Sugar.

### 3. Pie of Dab.

Dress your Dab, and slice it on the top; if you will, lard it with Eel well seasoned, then dress up your Pie according to the bigness of your Dab, and put it in it, well seasoned with Salt, Pepper, Cloves, fine herbs, Mushrooms, Morills, little Rastardified with fresh Butter, bottoms of Artichokes, or broken Spargus, and good fresh Butter, cover it with open work; and if you will, enrich it with some works, and bake it; after it is baked and well fed, serve it with a sauce made with Vermice of Grapes and yolke of Eggs.

The pies of Turbot, Turbot and Blaise, are made the same way.

### Or thus.

File them, cut them into pieces, and season them with Pepper, Nutmeg, and Salt, then fill your pie with them, and lay upon them Currans, well washed, pickt, Curr Dates cut in halves, Prunes, or bottoms of Artichokes, Mushrooms, yolke of Eggs boiled hard, Lardice suckets, Cittern, sliced Lemons, Macen Oranges, and good store of fresh Butter; when it is baked, serve it with White.



White-wine, Sugar, and Butter boil'd a very little, and thickned with the yolks of two or three Eggs, sugar it and serve.

4. *Eel Pie.*

Flea them, cut them into round slices, and season them; make up your Pie, and fill it up with Eels, hard yolks of Eggs, Mushrooms, Trouffles, if you have any bottoms of Artichokes, and good fresh Butter, serve it uncovered with a white sauce, made with yolks of Eggs allayed in Verjuice, and a drop of Vinegar, lest it should fall down, bind it with butter'd Paper, when it is baked, take the Paper off.

5. *Pie of fresh Cod.*

Make it as that of Dab, and serve it warm.

6. *Pie of Carp without bones.*

Farce it the same way as for the first course, and raise your Pie, put it into it garnished with what you will, bake it covered; after it hath baked two hours, serve it uncovered with a White Sauce.

*Another way.*

Cut your Carp into pieces, and put it into paste, made up and seasoned with what you have, bake your Pie, and serve it uncovered with a White Sauce.

*Or thus.*

Take a Carp well cleaned and boned, and also a good fat fresh-water Eel, mince them together, and season them with Pepper, Nutmeg, Cinamon, Ginger and Salt, put to them some Currans, Caraway-seed, minced Orange-peel, and the yolks of six hard Eggs minced, sift Dates and Sugar, lay some Butter in the bottom of the Pie, when baked, ice it.

7. *Pie*7. *After the Cardinal's way.*

Take the flesh of Carp and of Eel, mince them well with Butter, and season them with Butter, and season them with salt, pepper, fine herbs, and a few mushrooms, then make up your pie, as small as you can; fill them up, cover, and cook them, and bake them; then serve.

8. *Pie of Butts.*

After they are dressed, slice them, and put them in your sheet of paste, season them with salt, pepper, beaten cloves, mushrooms passed in the pan with brown butter, fresh butter, and all what you have, cover it, bake it, and bond it with buttered paper; when it is baked, serve with a white sauce, nutmeg, the juice and slices of lemon, oil of orange.

9. *Pie of Greenst.*

After it is dressed, slice it and put it in your sheet of paste, seasoned with salt, pepper, nutmeg, fresh butter, mushrooms, Trouffles, mouffurons, morilles, parsley tryed, and bottoms of Artichokes; after the pie is made up and bound with buttered paper, bake it; after it is baked, serve it uncovered with a white sauce, or any other allaying you have.

10. *Pie of Sticks.*

It is made the same way as that of Dab, because it is of the same kind of flesh, it is eaten warm.

11. *Pie of Soufflé-fryed.*

Put them half in the pan with Butter, take out the bone, and farce them with what you will, as mushrooms, capers, trouffles, mouffurons, bottoms of Artichokes, fresh butter, all passed in the pan with

with parsley and chibbols minced very small; put them into paste raised, or into a sheet of puff-paste, which you shall put into a court-pan, and over it the remnant of your farce; in stead of garnish, with yolks of Eggs, and very fresh butter; cover up your pie, and give it vent, a while after it is in the oven; when it is baked, serve it with what sauce you will.

*12. Pie made up with bask of Eel.*

It is made the same way as that of Carp, but that because the flesh of Eel is fatter than that of Carp, it must be allayed with butter, as that of Carp; only mix them together, and season them well with salt, pepper, a few fine herbs; then make a bed therewith, and over it put mushrooms, morilles, truffles, and a little parsley minced, passed in the pan with butter, and over all that the remnant of your hash; then shut up your pie, and bake it; after it is baked, serve it with a white sauce.

*13. Tourte of Butter.*

It is made the same way as the pie of Butter, above mentioned.

*14. Tourte of raw Oysters.*

After your Oysters are cleaned and blanched in warm water, pass them in the pan with very fresh Butter, Parsley, and minced Chibbols; and Mushrooms, all well seasoned, put all into a Mass of what paste you will, and garnish with hard yolks of Eggs, bottoms of Artichokes, Morilles, broken Sparagus, all well passed in the pan; cover up your Tourte, and bake it; after it is baked, serve with good sauce, which you shall make thus; pass in the pan two or three Chibbols whole, Salt, Pepper,

Pepper, a drop of Vesjuice or Vinegar; then when it is brown, mix with three yolks of Eggs well allayed with Verjuice; take out the Chibbols, and put your sauce in your Tourte boiling hot, with a little Nutmeg; fill it a little, and serve it uncovered.

*15. Oysterway.*

Take a pottle of Oysters, being parboil'd in their own liquor, beard and dry them; then season them with large Mace, whole Pepper, a little beaten Ginger, Salt, Butter and Marrow; then close it and bake it; being baked, make a tear with White-wine, the Oyster-liquor and an Onion, or rub the Ladle with Garlick you beat it up withall; being boil'd, put in a pound of Butter with a minced Lemon, and liquor it therewith.

*15. Tourte of Liver of Eel-pout.*

After it is blanched a very little in warm water, very clean and dried; put it into a sheet of paste, then fry Mouffersons, Morilles, Truffles, broken Sparagus, a little Parsley minced, bottoms of Artichokes, Cardons, or Cardes sod, and yolks of Eggs, all well seasoned, and in such a proportion as your Tourte may not change its name; and that the garnish may not exceed the principal, bake it; when it is baked, serve.

*16. Tourte of Carps.*

It is made as that of Eel-pouts hereunder in the following Article, with such garnish as you have.

*17. Tourte of Eel-pout.*

Blanch it well with water warm enough, for to take off the slime, untill it be white, then cut it into

into round slices as half the head, put it into a sheet of paste with Salt, Pepper, beaten Cloves, Capers, Mushrooms, hard yolks of Eggs, bottoms of Artichokes, Parsley, Chibols well minced, and upon over that very fresh Butter, shut it up with a sheet of puff-paste, if you have any; when it is baked, serve it uncovered with a white sauce, and garnished with the lid cut into four.

18. *Tourt of Carp.*

It is made and seasoned alike with that of Eelpout, but that it must not be scalded, but well scaled.

*Or thus.*

Take a Carp, scale it, and scrape off the slime, then roast it with a fleyed Eel; being roasted, let them stand and cool, then cut them into little pieces like great Dice one half of them, and the other half minced small, and seasoned with Nutmeg, Pepper, Salt, Gooseberries or Grapes, with some bottoms of Artichokes cut indifferent small, mingle all together, put some butter in the bottom of the Pie; lay the meat hereon, and being baked, liquor it with Gravy, and the juice of Oranges.

19. *Tourt of Crawfish.*

Sceth them with Salt, Pepper, and very little Vinegar, take off the feet and the tail, then dress them, and pass them in the pan with very fresh Butter, Mushrooms, and all what you have to put in it, not forgetting some Parsley minced, season all well, and put it in what paste you will, fine or puff; after it is baked, serve it with a red sauce, which you will make, if you stamp some bones of Craw-fishes, and after you have strained them through a linnen cloth, mix them with some broth,

broth, yolks of Eggs, a drop of Verjuice, and a little Nutmeg; put this sauce in your Tourt as it comes out of the Oven, and ready to serve; then serve it uncovered.

20. *Tourt of Frogs.*

Pass the great Legs in the pan with good Butter very fresh, Mushrooms, Parsley, Artichokes sod and cut, and Capers, all well seasoned, put it into a sheet of fine or puff-paste, and bake it; after it is baked, serve it uncovered with a white sauce.

*Or thus.*

Take the hind Legs of Frogs fleyed, cut off the Feet, and season them with Nutmeg, Pepper and Salt, put them in a Pie with some sweet-herbs chopped small, large Mace, slic't Lemon, Gooseberries or Grapes, pieces of Skirrets, Artichokes, Potatoes or Parsnips, and Marrow, close it up and bake it; being baked, liquor it with Butter, and the juice of Orange.

21. *Tourt of Tencher.*

Scald them, and cause them to become white, then dress them, and cut them into round slices, put them into your sheet of Tourt or Pie, make it up and garnish it with all what you have, as very fresh Butter, Capers and minced Parsley, bake them; after they are baked, serve with a white sauce, a little Nutmeg, and beaten Cloves and Mace.

22. *Tourt of Butter.*

Melt a piece of Butter, after it is melted, put some Sugar in it, and some stamped Almonds, with a little Cream or Milk allayed with sod flowre; then make a sheet of fine or puff-paste, put your implements into it, make a brim about it, bake it, and serve it sugar'd, and with sweet-water, if you have any.

23. *Tourte*

23. *Tourt of Spinage.*

Take Spinage-leaves, cleanse and blanch them; after they are blanched, drain them, and mince them very small; after they are minced, allay them with some melted Butter, Salt, Sugar, and the weight of a Macaroon of stamped Almonds, then put all in your sheet of paste and bake it; after it is baked, serve it sugar'd, and if you will, garnish about the dish with lemon-peel preserved.

24. *Tourte of Meloon.*

Grate your Meloon, and stamp it in a mortar; melt some Butter, and put it with Sugar, a corn of Pepper, Salt, and a Macaroon; mix all together, garnish your sheet with it, and serve it sugar'd.

25. *Tourte of Pistaches.*

After your Pistaches are peeled, beat them, and lest they become oily, besprinkle them with flower of Orange-water, or other sweet water; melt as much Butter as there are Pistaches, and take as much Sugar, a little Salt, and the crumbs of white bread fried, or a drop of Milk, and all being well allayed together, put it into a sheet of fine paste, make the tourte and sheet very thin; bake it, sugar it, and serve it warm, and besprinkle it with what sweet water you will.

26. *Tourt of Almonds.*

It made the same way, but that for to besprinkle it, you must use milk in stead of sweet Waters.

*Or thus.*

Strain beaten Almonds with Cream, yolks of Eggs, Sugar, Cinnamon and Ginger, boil it thick, and fill your Tourte; being baked, ice it.

27. *Tourt*

## 27. *Tourt of Strawberries.*

Wash your Strawberries, and put them into your Tourt, being seasoned with Cinnamon, Ginger, and a little red wine; then put on Sugar, bake it half an hour, ice it, scrape on Sugar, and take it.

## 28. *Tourt of Medlers.*

Take Medlers that are rotten, strain them, and let them over a Chafen dish of Coals, season them with Cinnamon, Sugar and Ginger, put some yolks of Eggs to them; let it boil a little, and lay it in a cut Tart, being baked, scrape on Sugar.

## 29. *Tourt of Damfins.*

Boil them in Wine, and strain them with Cream, Sugar, Cinnamon and Ginger; boil it thick, and fill your Tart.

## 30. *Tourt of Pumpkin.*

Boil it with good Milk, pass it through a Strainer very thick, and mix it with Sugar, Butter, a little Salt, and if you will, a few stamped Almonds; let all be very thin, put it in your sheet of Paste, bake it; after it is baked, besprinkle it with Sugar, and serve.

## 31. *Tourt of Pears.*

Pare your Pears, and cut them very thin, seeth them with Water and Sugar; after they are well sod, put in a little fresh Butter to them; beat all together, and put it in your sheet of paste very thin; bind it if you will, and bake it; when it is baked, besprinkle it with water of flowers, sugar it, and serve.

## • 32. *Tourt of Cream.*

Take very new Cream, and allay it with a few beaten Almonds, some Sugar, and a little Milk



Pap well sod; let all boil together a very little, and when all this is cold, put it in your sheet of paste, and bake it; after it is baked, sugar it well, and if you will, put Musk to it, and serve.

### 33. *Tourt of Apples.*

It is made the same way as that of Pears.

### 34. *Tourt of Franchipanne.*

Take the fairest Flowre you can get, and allay it with whites of Eggs; presently take the twelfth part of your paste, and spread it untill you may see through it; butter your plate, or Tourt-pan, spread this first sheet, butter it, thrust it in over and do the same to the number of six, then put what Cream you will, and make the top as the bottom to the number of six sheets, bake your Tourt leasurely; after it is baked, besprinkle it with water of flowers, sugar it well, and serve.

You must have a care to work up your paste as soon as it is made, because it drieth up sooner then you are aware; and when it is dry, it is unuseful, because your sheets must be as thin as Cobwebs, therefore you must choose a moist place to do it in.

### 35. *Tourt of whites of Eggs.*

After they are well beaten, season them with a little Salt and Sugar, melt some fresh Butter with Milk, mix all together, then put all into your sheet of fine paste; bake it; when it is baked, serve it warm and sugar'd.

### 36. *Tourt of yolks of Eggs.*

Allay together some Butter, five yolks of Eggs, some Sugar, two Macaroons, a little Salt and Milk; make up your Tourt with them, and bake it; when it is baked, serve it sugar'd with Lemon peel very thin over it.

### 37. *Tourt*

### 37. *Tourt of Massépin.*

For to make it full glased, and broad as a plate, take half a pound of Almonds, and a quarter of Sugar; beat your Almonds, and cut some Sugar in; spread your paste, work it low enough, and bake it on a hollow plate upon a small fire; make a Cream with Milk, whereof you will find the making hereafter; fill up this paste with it about the thickness of half an inch; bake it, and pass the fire-shovel over it; put over it either Cherry, or Strawberries, or Rasberries, or Gooseberries, or Verjuice, or preserved Apricocks, a little more than half; after it is filled, put it in the Oven again, and make *aglasing* with the half of the white of an Egg, and six times as much Sugar well beaten together; when you are ready to serve, pour it over your Tourt, and give it quick fire and little; then serve upon a plate.

For to make the Cream of which mention is made above, allay a very little Flowr with a quart of Milk, seeth it well, and let it be very thin; then put a little Butter in it, four yolks of Eggs, and two whites well beaten; stir well all over the fire, and mix with it a very little Salt and Sugar, about half the quantity of your Cream.

For to make it green, put in it some beaten Pistaches, or some of the grating of Lemon-peel preserved.

You may serve your Tourt glased without Comfits, and with Fruit.



14. *A Method how to pickle several sorts of Roots, Herbs, and other things for to keep constantly in the house.*

1. *Butter melted.*

**W**hen it is cheap, you may buy a quantity, and melt it for to use it upon occasion; which to do, put it into a pan, let it melt leisurely, untill the Cream go to the bottom, and it becomes clear at the top, and when it is cold, keep it for your use.

2. *Artichokes.*

Cut off the Choke, and what is too hard about them (that is called Artichokes in bottoms;) steep them in fresh water for to blanch them, drain and dry them; and after this, put them in a pot with Salt, Pepper, Vinegar, melted Butter, Clove, and some Bay-leaf; cover them well, and keep them untill you have use for them; and then unsalt them in lukewarm water; after they are unsalted, seeth them with Butter, or some piece of lard, or fat; after they are sod, serve them with a white sauce or garnished.

3. *Cucumbers.*

Take them very small, blanch them in fresh water, and stick them with Cloves, then put them in a pot with Salt, Pepper, Vinegar, and Bay-leaf; cover them so close that no air may get in, and serve them in Salat.

4. *Purflain.*

It is pickled as the Cucumber, and you may serve them together.

5. *Lettice.*

5. *Lettice.*

Choose the hardest, and take off the great leaves, blanch them in fresh water, and drain them; when they are drained, stick them with Cloves, and season them with Salt, Pepper, Vinegar, and Bay-leaf; cover them well, and when you will serve them, unsalt them, then seeth them, and use them for garnish or for Sallat.

6. *Trombles.*

Boil them with the best strong wine you can get, Salt, Pepper, and Clove, then take them out, and put them in a pot with Salt, Pepper, Vinegar, Cloves, and some Bay-leaves, cover them well; when you will use them, unsalt them, and seeth them with Wine, and serve them in a plated Napkin.

7. *Red Beets.*

Wash them very clean, and seeth them; when they are sod, peel them, and put them in a pot with Salt, Pepper, and Vinegar, to use when you will.

8. *Sparagus.*

Put them in a pot with melted Butter, Vinegar, Salt, Pepper and Cloves, cover them well; and for to use them unsalt them, when they are unsalted, seeth them in hot water; when they are sod, serve them with a white sauce, either to garnish Pottages, or for Salat, or for pastry-work.

9. *Green Pease.*

Take them as they come out of the Cod, fry them with Butter, and season them well, as if you would eat them then, but do not fry them too much; then put them into an earthen pot, season them again, and cover them well; put them in

a cool place, and when you will use them, unsalt them, and pass them in the pan, as before.

**10. Succory.**

Tie it, and whiten it in Sand; when you think that it may be kept, cleanse it well, and put it in a pot with Salt, Pepper, a little Vinegar, and Rosemary; when you will use it, unsalt it, to serve it for Salat, or to seeth it to garnish, or to farce,

**11. Mushrooms.**

Take the hardest and the reddest you can get, fry them whole with Butter; as to eat presently; after they are fryed and well seasoned, put them in a pot with more seasoning of Butter, and a drop of Vinegar, until they steep; cover them so that no air may get in; for to use them, steep them in several waters lukewarm, then fry them, as if they were but newly gathered.

**Another way.**

Take the biggest and largest, whiten them in their water between two dishes, and drain them; after that, pickle them with Vinegar, Salt, Pepper, and Lemon, or Orange-peel; after they are pickled a while, take them out and fry them with refined Butter, and a little Flowre; after they are fried, put them into another pickle, if you will keep them long.

You may use them for Garnish, or for Fritters, or to farce.

**12. Cabbage.**

Take the hardest, and slit them into four on the side of the stalk, then whiten them in fresh water, and dry them; put them into a powdering tub, or into a pot, with Salt, Pepper, Vinegar and

and Bay-leaves, or a little Rosemary: You may slick them with Cloves, and when you will use them, unsalt them in lukewarm water, to put them in Potage, and not for Salat; when they are sod, serve.

**13. Soals.**

Take them very new, and cleanse them; if they are big, slice them on the top, and flowre them after you have dried them, then fry them half with Butter or Oyl, and put them neatly into a pot, with Salt, Pepper, beaten Clove, Lemon, or Orange-peel, and Vinegar; cover them well, and for to use them, take them out of the pot, and steep them in water; when they are unsalted, fry them with Butter, or Oyl for them that love it; forget not to flowre them well; and serve them with Orange or Lemon, or if you will, after you have passed them in the pan, open the bone, and put them with Ragoust; which to do, put some Capers, Anchovies, Mushrooms, Trouffes, and all what you can get; then stove or soak them, and serve with a sauce thickned, and the juice of a Lemon or of Orange.

**14. Oysters.**

Take them out of the shell, and blanch them, or as they are, put them into a pot, and season them with Salt, Pepper, beaten Cloves, and large Mace, and some Bay-leaves; cover them well, or if you will you may put them into a barrel; when you will use them, unsalt them, or make Fritters, or fry them.

**Or thus.**

Take Oysters and wash them clean in their liquor, then let them settle, and strain it, and put

your Oysters to it, with a little Mace and whole Pepper, as much Salt as you please, and a little Wine-Vinegar; then boil them tender, and skim them as the skum ariseth; when they are enough, take them out till the pickle be cold, then put them into a pot, or Caper-barrels, which are the best things to preserve them, but keep them not above six weeks weeks.

15. *Combs salted.*

Let the bloud be well taken out, and put them in a pot with large Mace, Pepper, Cloves, a drop of Vinegar, and some Bay-leaves, cover them well, and set them in a place which is neither cool nor warm, when you will use them, take what you have need of, unsalt them in lukewarm water, and change them very often; when they are very well unsalted, boil some water, and scald them; when they are very clean, seeth them with broth or water; when they are almost enough, put in a bundle of herbs with Butter or Lard, and a slice of Lemon: After they are well sod, use them to garnish what you will with them.

16. *Broom-buds pickled.*

Take your Buds before they be yellow on the top, make a Brine of Vinegar and Salt, which you must do only by shaking them together till the Salt be melted; then put in your Buds and stir them once a day, till they be sunk in the Pickle, then keep them close covered.

17. *Cucumbers pickled.*

Put them in an earthen Vessel, lay first a lay of Salt and Dill, then a lay of Cucumbers, and so till they be all laid; put therein some Mace and whole Pepper, with some Fennel-seed; then fill it  
up

up with Beer-Vinegar and a clean stone and a board upon it to keep in the pickle, and so keep them close covered; if the Vinegar turn to a blackish colour, change it and put in fresh.

18. *Beef roasted pickled.*

Whether it be Chine, Surloin, Rib, Brisket or Flank of Beef, take it and stuff it with Peniroyal, or Parsley minced small, and some Salt, prick in here and there a few whole Cloves, and roast it; then take Claret-wine, Wine-Vinegar, whole Pepper, Rosemary, Bays and Tyme bound up together boil'd in Claret-wine and Vinegar; make the Pickle and put some Salt to it, then pack it up close in some thing that will but just contain it, then put the pickle to it, close it, and keep it for your use.

19. *Carp pickled.*

Take a Carp, scale it, and scrape off the slime, wipe it clean, and split it down the back, flowr it, and fry it in sweet Sallet Oyl; being well fried, lay it in a deep dish, then take some Wine-Vinegar, and put into a broad-mouthed Pipkin, with all manner of sweet-herbs bound in a bundle, with some large Mace, slic't Ginger, gross Pepper, slic't Nutmeg, whole Cloves and Salt, with as much Wine and Vinegar as will cover the Fish; then boil the Spices and Wine with some Salt, a little while, pour it on the Fish hot, and presently cover it close to keep in the spirits of the Liquor herbs and spices for an hours space; then take slic't Lemon, Lemon-peel, Orange and Orange-peel, and lay them over the Fish in the pan, and cover it up close. You may barrel it, and it will keep as long as Sturgeon, and as good.

20. *Conger pickled.*

Scald and draw it, cut it into pieces, and fry it in the best Sallet Oyl you can get; being fried, put it into a little Barrel that will contain it, then have some fried Bay-leaves, large Mace, slic't Ginger, and a few whole Cloves; lay these between the Fish, put to it White-wine Vinegar and Salt; close up the head, and keep it for your use.

21. *Samphire, Kitkeys, Pease and Purflane pickled.*

Take Samphire, and pick the branches from the dead leaves, then lay it in a pot or barrel, and make a strong Brine of white Salt, in the boiling, scum it clean; being boil'd and cold, put it to the Samphire, cover it, and keep it for the whole year: when you have occasion to use it, first boil it in fair water, letting the water boil before you put it in, then take it up, and let it cool.

22. *Quinces pickled.*

Core them, and save the Cores, cut some of the Crab Quinces and boil them, after the Quinces be parboil'd and taken up, then boil the Cores and some of the Crab-Quinces quarter'd; the Liquor being boil'd, strain it, put it into a barrel with the Quinces, and close it up.

23. *Lemons pickled.*

Boil your Lemons in water and salt, and put them up with white-wine.

24. *All sorts of Flowers pickled.*

Put them into a Gallipot with as much as they weigh, fill them up with Wine-Vinegar; to a pint of Vinegar, a pound of Sugar and a pound of Flowers, to keep them for Sallets or boil'd meats in a double glass, cover'd over very close.

25. *Grapes*25. *Grapes, Gooseberries, Barberries, red and white Currans pickled.*

Pick them and put them in the juice of Crab-Cherries or Verjuice, and barrel them up.

26. *Lobsters pickled.*

Boil them in Vinegar White-wine and Salt, being boil'd, take them up; then have some Bay-leaves, Rosemary-tops, Winter-Savory, Tyme, large Mace and whole Pepper; boil these foresaid materials all together in the liquor with the Lobsters, and some whole Cloves; being boil'd, barrel them up, pour the liquor to them, Herbs, Spices and Lemon-peel, and close them up.

27. *Salmon pickled.*

Take Salmon, cut it in six round pieces, then boil it in White-wine Vinegar, and a little Water, three parts Wine and Vinegar, and the other Water; let the liquor boil before you put in the Salmon, and boil it a quarter of an hour, then take it out of the liquor, drain it very well, and take Rosemary-sprigs, Bay-leaves, Cloves, Mace, and gross Pepper, a good quantity of each, boil them in two quarts of White-wine, and as much Vinegar: the Salmon being cold, rub it with Pepper and Salt, then barrel it, laying a layr of Salmon, and a layr of Spice; boil'd in the liquor, suffering it to be cold before you put it in, as the Salmon grows dry, add fresh pickle, and it will keep a twelve-month.

*The Method of Salting several other things to keep, especially for a Pastry-Cook.*

*1. Cardes of Artichoke.*

**C**huse the whitest stalks, cut them half a foot long, take all the strings out, steep them in fresh water, and change them two or three times; whiten and drain them, dry them with a cloth, put them in a pot, and salt them; when they are salted, melt and refine one pound of Butter, and pour it over them, to set them up, and use them upon occasion.

*2. Palats of Beef.*

Salt them, as they come out of the head, and set them up until you have occasion to use them; then unsalt them; after they are unsalted, seeth them, and take the skin off, and the beards, then cut them into pieces, or into slices; put them with Ragoust, or garnish with them all what you have to garnish, even the Pastry-work, wherein they may be very useful.

*3. Tongues of Mutton.*

As they are taken out of the head, salt them; when you will use them, unsalt, and seeth them; after they are sod, flea them neatly, slit them, and put them on the gridiron, with crumbs of bread and salt; after they are broiled, make a sauce with Verjuice, a drop of Vinegar, minced parsley, chip-pings of bread, a little pot-broth, and stow or soak them; then serve.

*4. Pullets pickled.*

After they are dressed, cut them into halves, and dry them well, flowre them, and half fry them, then

then put them in a pot with Salt, Pepper, Cloves, large Mace, Vinegar, and fine herbs; cover them until you will use them; and then unsalt them in fresh or lukewarm water, which is the best; when they are unsalted, dry them, and flowre them, then fry them; after they are fried, serve, and if you will have them make a shew, you must make a thickning with Eggs, and Flowre, fry them, and put them in a sauce with juice of Orange.

*5. Rams Kidneys.*

Take off the first skin, and slit them on the top, to make them to take salt, put them in a pot, and set them in a cool place; to use them, unsalt them, and seeth them; then use them how you will.

*6. Young Pidgeons.*

After you have flatted them well, dry them, flowre and fry them, then put them in a pot, with Vinegar, Pepper, Cloves, Mace, and fine herbs; when you will use them, unsalt them, for to use them with Ragoust, or in Pottage, or in Paste, or to serve them pickled.

*7. Salt Butter.*

Wash it well in fresh water, and drain it, then put in an earthen pan, and knead it with white Salt, Clove, and some Bay-leaves, and some Anni-seed stamped, if you will; after this, put it into a pot, and cover it well with Paper or Parchment, after you have taken out the water that comes from it, set it in the Seller, and use it.

*A Method*

*A Method how to make in Lent the Broths of Fish, Pease, Herbs, and Almonds.*

*Broth of Fish.*

**M**ake your Broth with half Water and half Pease-broth, take the bones of Carp, or other Fish, with an Onion sticked with Cloves, a bundle of herbs, and some salt; seeth all well together, with crumbs of Bread, and some Butter; then strain it, and use it for such Broth as you will, except that of herbs, the Pease-broth and many Pottages which are without Fish.

You may use it for Pottage of Craw-fish, boiling it a while with the shells of your Craw-fish stamped, and strained through a linnen cloth, by means whereof your Broth will become red; afterwards strain all, season it, and take it up, and stowe it.

*Pease Broth.*

For to make Pease-broth clear, and that it be good, steep your Pease from one day to the next, after you have cleansed them well; then seeth them with River or Conduit-water lukewarm; when they are almost enough, take out your Pease-broth, and use it for what you will.

You will find the broth of herbs in the Pottages for lean daies, and being common, it is needless to repeat it.

*Broth of Almonds.*

Peel well your Almonds in very warm water, and stamp them in a Mortar, and as you stamp them, besprinkle them with Rose-water; after they are; well stamped, put them with Fish-broth, and crumbs

crumbs of bread, then boil all with Salt, Butter, a little beaten Cloves, Mace and Cinnamon, an Onion sticked, and Lemon-peel, whereof the upper skin to be taken off; after it is sod, pass it through a strainer, and put it in a pot untill you have use for it.

For to make Almond-broth with Milk, peel well your Almonds, stamp them, and in stamping of them, from time to time besprinkle them with Milk, and Rose-water, when they are well stamped, put them with very fresh Milk, crumbs of Bread, Salt, a little Clove, and a little Cinnamon; boil all a little while, and then pass it through the strainer; when you are ready to serve, boil it with Sugar, and serve.

**N O T E.**

*All the Lent Pottages are made and seasoned as those for the Fasting-dayes, but that you put no Eggs in them; but in some you mix Pease broth, in others which you will serve white and marbled, you may put some broth of Almonds; stowe and garnish them as the others.*

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*A Method how to make several sorts of Preserves, both dry and liquid, with some other small curiosities, and dainties for the Month.*

*Apricocks liquid.*

**B**oil some Water, and mix it with some old Lees of Wine proportionably, a handful or thereabouts, for one hundred of Apricocks, which you



you must put in this boiling water, and stir them with a spoon, until you perceive that they peel on the thumb; after that, take them out, put them in fresh water, and peel them very clean; boil again some water, put your Apricocks in it, and let them boil in it four or five walms; then steep them in water; and prick them on the stalk; take Sugar proportionably, dip your Apricocks in it; and seeth them as it is fitting.

*Another way of liquid ripe Apricocks.*

Take such a quantity of Apricocks as you will, peel them as well and as neatly as you can, boil some water, put your Apricocks in it, and let them boil a little; take them out forthwith, and put them into fresh water, seeth your Sugar after the fashion of a Conserve, pass your Apricocks into it, and boil them a very little while; set them in a stove, and let them be there until the next day morning, keeping alwaies a small fire under.

*Apricock Cakes.*

Take the fairest Apricocks you can get, and parboil them very tender, then take of the pulp, and their weight in Sugar, and boil the Sugar and Apricocks together very fast, stir them and keep them from burning to; when you can see the bottom of the skillet, they are enough; then put them into Cards sowed round, and dust them with fine Sugar, and when they are cold, stone them; then turn them, and fill them up with some more of the same stuff, but let them stand three or four daies before you remove them from the first place; when you find them begin to candy, take them out of the Cards, and dust them with Sugar.

*Conserve*

*Conserve of Pippins, Oranges, Quinces or Lemons.*

When you have boiled your paste ready to fashion on the Pie-plate, put it up into Galli-pots, and this is all the difference between Conserve.

*Dry Apricocks.*

Drain them and turn them in ears, or in round, then bestrew them in with Sugar, in powder, and dry them in a stove.

*Another way of dried Apricocks.*

Take the hardest, and drain them, then seeth some Sugar as for to preserve with it, put your Apricocks in it, yet something stronger; boil them over the fire, and take them out; after that you shall glaze them, and put them upon straw; if they are not dry enough, bestrew them with Sugar in powder, and dry them before the fire.

*Conserve of Roses.*

Take Roses of Provence, the reddest you can get, dry them as much as you can in a silver plate or dish over a small fire, and stir them often with your hand; after they are very dry, stamp them in a mortar, and then pass them through a very fine bolting sieve; then allay them with the juice of Lemon; over which you shall put half an ounce of Roses beaten into powder; and for want of juice of Lemon, take Verjuice: Take some fine Sugar, and seeth it to the plume, that is, till the first skin, or crust is seen on the Sugar, when it is boiled enough, after it is sod, take it off from the fire, and whiten it with a wooden slice, or espatory, then put in your Roses, until your Conserve hath taken a colour; if by chance your Sugar was too much sod, mix with it the juice, or half the juice of a Lemon, proportionably to what you think fitting,

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sitting; then let your Conserve cool a while, and take it out.

*Conserve of Lemon.*

Take a Lemon and grate it, put the grating of it in water, and after a while take it out and dry it moderately before the fire. Take some Sugar, and seeth it, the first plume or skin, as it shall make, take it off the fire, and put the grating of your Lemon in it, and whiten it with the wooden slice, and put in a litle juice of Lemon, which is necessary for it; then make up your Conserve.

*Conserve of Pomegranate.*

Take a Pomegranate, and press it to take out the juice; then put it on a silver plate, and dry it on a small fire, or on some warm cinders; seeth your Sugar until the plume or skin appear, and more than others; after it is well sod, take it off of the fire, and whiten it; then put your juice in it, and take out your Conserve.

*Conserve of Pistaches.*

Take Pistaches, and stamp them, seeth the Sugar till the plume or skin appear, and then whiten it; afterwards put in your Pistaches, and stir them in it; then take up your Conserve upon paper.

*Conserve of Borage Flowers a la mode Italian.*

Take fresh Borage-flowers cleansed well from their heads four ounces, fine Sugar twelve ounces, beat them well together in a stone Mortar, and keep them in a vessel well placed.

*Conserve of Fruits.*

Take Lemon peel, Pistaches, Apricocks, and Cherries, cut them into small pieces, bestrew them with powdered Sugar, and dry them near a small fire; take some Sugar, seeth it till the plume or skin

skin appear somewhat strong; then without taking it off the fire, put your Fruits in, and when you perceive the same plume or skin, take it out, and whiten it, and when you see a small ice on it, take out your Conserve with a spoon.

*Slices of Gammon.*

Take some Pistaches stamped by themselves, some powder of Rose of Province by themselves, allayed with the juice of Lemon, and some Almonds stamped into a paste also by themselves, and thus each by it self; seeth about one pound and a half of Sugar as for Conserve; after it is sod, serve it into three parts, whereof you shall put, and preserve the two upon warm cinders, and into the other you shall pour your Roses, and after you have allayed them well in this Sugar, pour all together into a sheet of double paper, which you shall fold up two inches high on the four sides, and pin it with pins on the four corners; after this, when this first Sugar thus poured shall be half cold, and thus coloured, take off your Almonds, mix them into one of the parts of Sugar left on the warm cinders, and pour them over this implement, and do the like also with Pistaches; Then, when all is ready to be cut with the knife, beat down the sides of the sheet of paper, and cut this Sugar into slices of the thickness of half a Crown.

*Conserve of Sage.*

Take new flowers of Sage one pound, and beat them very small in a marble mortar; put them in a vessel well stopped, set them in the Sun, stir them daily; they will last a year.

## The French Cook.

### White Fennel

Take Fennel in Branches, and cleanse it well; dry it, and when it is dry, take the white of an Egg, and water of Orange-flowers, beat all together, and dip the Fennel into it, then put some Powder Sugar over it, and dry it near the fire upon some sheets of paper.

### For to make red Fennel.

Take the juice of Pomgranate with the white of an Egg; beat all together, and dip your Fennel in it, put powder of Sugar to it, as to the other, and dry it at the Sun.

### For to make blew Fennel.

Take some turnesol and grate it in water, put in a little powder of Iris, and some white of Eggs, beat altogether, and dip your Fennel into this water, and then put in some Powder-Sugar, and dry it as the other.

### For to whiten Gilliflowers, Roses, and Violets.

Take the white of an Egg, with a small drop of flower of Orange-water, beat them together, and steep your Flowers in it; then take them out, and as you take them out, shake them, put powder-sugar over them, and dry them near the fire.

You may use the same way for to whiten red Corants, Cherries, Respaffes, and Strawberries.

### Cherries liquid.

Take the fairest you can, and take out the stones, some Sugar proportionably to your Cherries, and boil them together until the Syrup be well made, and sod as much as you shall think fitting: if you will at the same time take out some dry, drain up a portion of the same Cherries, and take some Sugar, which you shall seeth into a Conserve, put in

## The French Cook.

in your Cherries, boil them, and take them out.

### Plums dried.

Take three quarters of a pound of Sugar to a pound of black Pear-plumbs or Damsons, slit the Plumbs in the Crest, lay a lay of Sugar, with a lay of Plumbs, and let them stand all night, if you stone the Plumbs, fill up the Cavity with Sugar, then boil them gently till they be very tender, without breaking the skins, put them into a dish, and boil your Syrups after for a Jelly; then pour it on your Plumbs scalding hot, and let them stand two or three daies, then let them be put into an Oven after the bread is drawn, so often till your Syrup be dried up; being almost dry, lay them in a Sieve, and pour some scalding water on them, then set them in an oven afterwards to dry.

### Plums of all sorts, liquid.

Take plums and prick them, then throw them into a bason of boiling water, and boil them softly a little while, let them steep in fresh water, and drain them, then seeth your Sugar a very little, pour your plums into it and boil them in it a while, then set them in the stove, if you will; or else, if you find them not enough, boil again your Syrup a while, put in your Plums again, and boil them yet a little.

### Green Almonds.

They are made ready as the Apricocks.

### Kerjuice, or green Grapes liquid.

Take the fairest you can get, and take out all the seeds; boil some water, and let your green Grapes steep a little in it; then put them into some Sugar a little sod, and boil them seven or eight high boilings, and take them out.

*Dry Grape Verjuice.*

Drain it well, seeth some Sugar into a Conserve, and put your sugar-Verjuice in; set it on the fire, and cause it to take the same seething as it had when you have mixed it, so that the plume, or skin, or crust of it be very strong.

*Grapes Candied.*

Take Grapes, and strow fine sifted Sugar on them, then lay them on a Lattice of Wire and a deep pan, and put them into an Oven as hot as for Manchet; then take them out, turn them, and sugar them again, sprinkling on them some Rose-water, pour the Syrup forth from them; after this, dry them in an Oven, till they be candied.

*Bottoms of Hartichokes.*

Take of bottoms of Hartichokes what quantity you will, pare them altogether, and take out the choke carefully; then boil some water, put your Hartichokes in, and let them lie therein, until they be very well sod; then put them into Sugar, and boil them therein four or five boilings, and let them rest in it, then drain them, and take them out.

*Buds of Roses dry.*

Take the Buds of Roses, give them five or six pricks with a knife, and boil them ten or twelve boilings in water; then take some sugar, melt it, put your Rose-buds in, and let them yet boil eight or ten boilings. For to make them dry, use them as you do Oranges, whereof the making is set down a little below.

*Pomecitron.*

Take good Pomecitron, cut it into slices, and put it into fresh water, with one handful of white salt; let them steep five or six hours, and then boil

boil them in water until they be sod; take them out, and drain them; then take some sugar, and boil it, and put into it your slices of Pomecitron, seeth them again in the sugar proportionably, and take them out.

*Lemons whole.*

Peel them to the white, and cut them at the sharp end, boil some water, and put them in, until they be half sod; take them out, put out the water, and put them in again in other water boiling very high, and make an end of seething them in. Take them out, and put them in fresh water; then melt some sugar, and put your Lemons in it.

*Oranges preserved a-la-mode de Court.*

Take a dozen fair smooth-skin'd, well coloured Oranges, and lay them in Conduit-water six daies and nights, shifting them in fresh water morning and evening; then boil them very tender, and with a Knife pare them very thin, rub them with salt, having so done, core them, taking out the pulp and seeds, then rub them dry; add to every pound of Oranges, a pound and half of Sugar, and a pound of Sugar, a pint of Water; then mingle your Sugar and Water well together in a large Skillet; beat the whites of three or four Eggs, and put them into it, then seeth them on the fire, when it riseth, strain it through a Napkin; then let it boil till the Syrup be thick, then put in your Oranges, and let them boil as fast as may be; when they have boiled near an hour, put to them a pint of Apple-water, then boil them apace, and put to them a pint of white wine, your Oranges clear, and your Syrup thick; then put in the juice of eight Lemons unto them warm, then let them cool in

an earthen pan, and place every Orange by its self in a glass.

### Oranges.

Take the reddest, and the smoothest, or the yellowest, pare them, and slit them at the end, and let them steep two whole daies in fresh water, which you shall change twice a day; boil some water in a bason, put your Oranges in it, and seeth them half, take them out, and make an end of seething them in other boiling water; then set them a draining, and take some Sugar proportionably to your Oranges, with as much water; boil all with your Oranges with high boiling, then take them out, and drain them.

### How to make white Walnuts.

Take Walnuts, pare them to the white, and steep them in water six whole daies, and do not fail to change the water twice each day; then seeth them in water, and when they are sod, stick them with a Clove, with Cinamon, and with a slice of preserved Lemon; then take some Sugar, and seeth it, put your Walnuts in, and let them boil in it ten or twelve walms; then take them out, drain them and dry them.

### Paste of Apricock.

Take them very ripe, and pare them, then put them in a pan without water, and stir them often with a scimmer, untill they be very dry; take them off of the fire, and mix them with as much Sugar sod into a Conserve, as you have of paste.

### Paste of Cherries.

Take some Cherries, boil them in water, and pass them through a sieve; on a good quart of Pap of Cherries, put four ounces of Pap of Apples, which

which you shall seeth and strain also; mix all together, dry it, and make it ready as abovesaid.

### Paste of Gooseberries, and of Grape of Verjuice.

They are made the same way as that of Cherries.

### Paste of Quinces.

Take Quinces, seeth them whole in water, and pass them through a course Sieve; then dry them in a pan over the fire, as the abovesaid; mix them with Sugar, and give them five or six turns over the fire, without boiling; make them ready half cold, and so of the rest.

### Chips of Quinces.

First scald them very well, then slice them into a dish, and pour a Candy Syrup to them scalding hot, and let them stand all night; then lay them on Plates, and seares Sugar on them, till they be dry. Let not your Syrup boil, but heat them therein, and they will look very clear.

### How to make Marchpaine.

Take Almonds and peel them, steep them in water, and change it untill the last be clear all together, stamp them with the white of an Egg, and water of Orange-flowre, then dry them with a little Sugar over the fire; after this, you shall stamp them four or five blows in the mortar, and work them as you will.

### How to make Cakes of Cherries, Apricocks, Pistaches, and Almonds.

Take of Cherries, or of Apricocks, what you will, stamp them in a mortar with Sugar in powder, untill they be stiff enough for to be wrought, bake them before you glase them, and glase them at the top and underneath. The Pistaches and Almonds

Almonds are made ready more easily, and are easier to make Cakes with.

For to make the sheets of them, steep some Gum in water of Orange-flowers, stamp your Almonds or Pistaches, in a mortar with a piece of Gum; allay all together with Sugar in powder; then make and work up a paste as you will.

You may of the same paste make a glazing very clear, mixing a little musk with it, and be careful to cleanse it well at the top, then cut it in lengths, round, or in any other form.

The baking of it requires a great care and circumspection; put it in the Oven, or in the Tourt-pan with fire under and above, but a little less above.

#### *How to make other light Pastes.*

Take the white of an Egg, beat it well with a little water of Orange-flowers, and allay it with a few Pistaches or Almonds, what you will. Work them very well with some Sugar in powder, and put in a little Musk; bake this in a Tourt-pan with a few hot cinders both above and under.

#### *Clear Plum-Cakes.*

Take Plums of any sort, put them in a stone Jugg into a pot of seething water, and when they are dissolved; strain them through a clean cloth, and take a pound of Sugar to a pint thereof, and boil it to a Candy height, then put them into Glasses, and set them in an Oven or drying heat, set them not too hot, but let them not cool in a week, and in that time by turning them often, they will be both clear and hard.

#### *How to make a Tourte after the Combalet fashion.*

Take three yolks of Eggs without any whites, half

half a pound of Lemon-peel, with some water of Orange-flowers, and some Musk; stamp a Lemon-peel, mix all together, and dry it with a handful of Sugar, in beating of it; then put all in a pan, and give it three or four turns over the fire; make up a Tourt, and put it in the Tourt-pan with some Sugar in powder upon and under, and close it up, and put some fire round about it; when it is half baked, take it up, and set it a drying in the Oven.

#### *How to make some small sheets of Paste glazed.*

Take all sorts of dry fruits and stamp them with water of Orange-flowers, fill your sheets of paste with these fruits, which will form up a certain thickness, capable and fit for to glaze them, leave a little of it at the top, and bake them in the Tourt-pan until the glazing be risen up: which to bring to pass, put some fire upon, and none under.

#### *Damsons, red or black Plums, a ready way to Preserve.*

Let your Plums be newly gathered, then take a little more Sugar than they weigh, then put to them as much water as will cover them, then boil your Syrup a little while, and so let it cool; then put in your fruit and boil them leisurely in a pot of seething water till they be tender; being almost cold, put them up.

#### *How to make the Syrup of Cherries.*

Take some Cherries, press them, and take out the juice, strain them, and give them two or three boilings over the fire; then put in some Sugar proportionably, three quarters for one quart of juice. The Syrup of Raspberries is made alike.

*How*



*How to make Lemonade.*

It is made several waies, according to the diversity of the ingredients. For to make it with Jalsomine, you must take of it about two handful, infuse it in two or three quarts of water, and there leave it for the space of eight or ten hours; then to one quart of Water you shall put six ounces of Sugar: those of Orange-flowers, of muscade Roses, and of Gilliflowers are made after the same way. For to make that of Lemons, cut them, and take out the juice, put it in water as above-said, pare another Lemon, cut it into slices, put it among this juice, and some Sugar proportionably.

That of Orange is made the same way.

*How to make dry Quinees.*

Take some Quinces, pare them, and boil them in water; take them out and put them into some boiling Sugar; when they are sod, take them out, and pour them into sod Sugar, out of which take them out, and dry them as the Oranges and other fruits above-said.

*How to make white Hippocrast.*

Take three quarts of the best White-wine, half a pound of Sugar more or less, an ounce of Cinnamon, two or three Marjoram leaves, two corns of Pepper unstamped; pass all through the straining bag with a small corn of Musk, and two or three pieces of Lemon, after that, let all infuse together for the space of three or four hours.

The Claret is made with Claret-wine, with the same ingredients, and in the same way.

*Otherwayes thus made.*

Take Pepper, Grains, Ginger, of each half an ounce; Cinnamon, Cloves, Nutmeg, Mace, of each

each one ounce grossly beaten, Rosemary, Agrimony, both shred, of each a few crops, red Rose-leaves a pretty quantity, and a pound of Sugar Beaten, lay these to steep in a Gallon of Rhenish wine in a close vessel, stirring it two or three times aday, the space of four daies, then strain it through an Hippocras strainer; this is most excellent to help digestion.

*How to make whipped Cream.*

Take a quart of Milk, and put it into an earthen pan, with about a quarter of a pound of Sugar; take also one pint of sweet Cream, which you shall mix with your Milk by degrees as you are whipping of it with rods, you shall by degrees take off the the scum, and put it in a dish after the form of a Pyramid.

*How to Make sodden Cream.*

Take some sweet Cream, with one quart or two of Almonds well stamped, then mix all in a pan, stir it, and seeth it on a small fire, and when you perceive it to become thick, take two yolks of Eggs, allay them with a little Sugar in powder, pour them in your Cream, and give it yet four or five turnings.

*Pyramidis Cream.*

Get six ounces of Harts-horn and a quart of water, put these in a bottle with the quantity of a small Nut of Gum-Arabeck and Gum-Dragon; let not your bottle be full, stop it very close with a Cork, and bind it about with a Cloth; put the bottle into a boiling pot of Beef, and let it boil three hours; then take as much Cream as there is Jelly, and half a pound of Almonds beaten with Rose-water; mingle the Cream with the Almonds,

monds, and strain it; when your Jelly is cold, put it into a silver bason and the Cream to it, sweeten it and musk it; then set it over the fire, stirring it till it be seething hot, but let it not boil, then set it by to cool, and then serve it.

*How to make the English Cream.*

Take sweet Cream, and make it something lukewarm in the dish wherein you will serve it; then take the bigness of a corn of wheat of Runnet, and allay it with a little Milk.

*How to make Jelly of Gooseberries.*

Take some Gooseberries, press them, and strain them through a Napkin; measure your juice, and put near upon three quarters of Sugar to one quart of Juice; seeth it before you mix it, and seeth it again together; after they are mixed, try them on a plate, and you shall know that it is enough, when it riseth off.

That of Rasberries is made the same way.

*How to make the Jelly of Grape-Verjuice.*

Take Verjuice, and give it one boiling in water, strain it through a coarse linnen cloth, and seeth some Apples, the decoction whereof you shall mix with it, and the rest as abovesaid.

The Jelly of Cherries is made the same way.

*How to make the Jelly of Apples.*

Make a decoction of your Apples, strain it through a Napkin, and mix it with three quarters of Sugar, or thereabouts to one quart of decoction, &c.

*How to make the Jelly of Quinces.*

Make also decoction of Quinces; make it also a little reddish, strain it through a Napkin, and put it with Sugar as the others.

*How*

*How to make Biskets.*

Take eight Eggs, one pound of Sugar in powder, with three quarters of a pound of Flower, mix all together, and thus it will be neither too soft nor too hard.

*Or thus.*

Take a pound of the finest Sugar, and a pound of the best Jordan Almonds, steep them in cold water and blanch them, and pick out the spots; then beat them to a paste in a stone Mortar, as you pound them cast in Rose-water; being finely beaten, put them in a dish with the Sugar, and set them over a Chafing-dish of Coals, stir it till it will come clean from the bottom of the dish, then put in some Ambergreese.

*How to make mace Macaroon.*

Take one pound of peeled Almonds, steep them in fresh water, and wash them until the water be cleare, drain them, and stamp them in a mortar; besprinkle them with three whites of Eggs, in stead of water of Orange-flowers, put in a quarter of Sugar in powder, and make your paste, which you shall cut upon the paper after the form of Maccaroon; bake it, but take heed you give it not the fire too hot; after it is baked, take it out of the Oven, and set it up in a place warm and dry.

*How to make the Marmaleet of Orleance.*

Take fifteen pounds of Quinces, three pounds of Sugar, and two quarts of water, boil all together; after it is well sod, drain it by little and little through a Napkin, and take out of it what you can; then put your decoction in a bason with four pounds of Sugar; seeth it; for to know when it is enough trie it on a plate, and if it doth come off

off, take it quickly from off the fire, and set it up in boxes, or some where else.

*How to make Strawberries.*

Take the paste of Marchpaine, roul it in your hands into the shape of Straw-berries, then dip them in the juice of Barberries, or of red Corants, and stir them well; after this, put them in a dish, and dry them before the fire, and when they are dry, dip them again three or four times in the same juice.

*Fruits artificial, how to make, as  
Walnuts, &c.*

Take searfed Sugar and Cinnamon, of each a like quantity, work it up with a little Gum-Dragon; steep it in Rose-water, and print it in a Mould, made like a Walnut-shell; then take white Sugar-plates, print it in a Mould like a Walnut Kernel; so when they are both close them up together with a little Gum-Dragon betwixt, and they will dry as they lie.

*How to make the Caramel.*

Melt some Sugar with a little water, and let it seeth more than for a Conserve, put into it some Syrup of Capilaire, and pour all into fresh water.

*How to make Muskadine.*

Take the powder of Sugar, a little of Gum Adragan, which you shall steep in water of Orange-flowers, stamp all together, make it into Muskadine, and dry it afar off before the fire, or at the Sun.

*How to make Snow-paste.*

Take powder of Sugar, and Gum Adragan proportionably, and stamp all together, and put  
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in some good water; then make up your sheet of paste.

*How to make a Cake of Pistaches.*

Take half a pound of powder of Sugar, a quartern of Pistaches, a penny-worth of Gum Adragan, and one drop of sweet-water; stamp all together, and when the paste is made, make your Cakes of the thickness of a half Crown, and bake them in the Oven.

*Rasberries preserved.*

Make your Syrup with the decoction of Apples, when it is well sod, put your Rasberries in, give them only one boiling, take them out, and put them where you will to keep them.

*Quinces liquid.*

Take them very yellow, and without spots, cut them into quarters, and seeth them in water, until they be well sod, and very soft; then drain them, and put your Sugar in the same water, which you shall seeth a little more than Syrup; put your Quinces in again, and put in their seeds, taken out first and wrapped into a linnen cloth, to give them a colour, and when they are enough, take them out.

*White Marmalet of Quinces.*

Take unpared Quinces, and boil them whole in fair water, peel them, and take all the pap from the core; to every pound thereof, add three quarters of a pound of Sugar, boil it till it comes from the bottom of the pan, then put it into boxes.

*For to make a compost of Apples.*

Take some Pippins, and pare them very smooth,  
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and without spots; if they are big, cut them into four quarters, if they are small, cut them into halves, and take out the seeds, and all other superfluities; as you pare them throw them in water, and after they are all in, put the Water and Apples in a pan, with some Sugar, to the proportion of a quartern and a half to eight great Apples, and a little Cinnamon; instead of which in Winter, when the Apples have less juice, you may put one glass of White-wine; boil all until the Apples be soft under your fingers; then take them out piece by piece, and press them between two spoons, and set them on a plate, then strain your Syrup through a Napkin folded double; after it is strained, put it in the pan again, for to make a Jelly of it, which you shall know to be sod, if you take some with a small spoon, and that the drops do fall like small pieces of Ice; then take it off from the fire, and when it is half cold; put it over your Apples, that are set on the plate.

*Compost of Apples-John.*

It is made the same way, but that the skin must not be taken off.

*Marmalet of Oranges.*

Pare your Oranges as thin as you can, boil them in four several waters, let them be very soft before you take them out; then take two quarts of Spring-water, and put thereto two dozen of Pippins quartered and cored; let them boil till all the vertue be out, but let them not lose their colour, then strain them to; every pint of Water put a pound of Sugar, boil it almost to a Candy-height;

height; then taking out the meat out of the Oranges, slice the peel in long slices, as thin as you can, then put in your peel with the juice of two Lemons, and boil it to a Candy.

*How to make Marmalet of Apples.*

Take ten or twelve Apples, pare them and cut them as far as the Core, and put them into clear water; then take the apples and the water wherein they do steep, with half a pound of Sugar, or less if you will, pour them into a pan, seeth them, as they seeth crush them, lest they should burn; and when there is almost no more water, strain all through a straining sieve. Take what you have strained, and put it in the same again, with the grating of half a Lemon or Orange, before steeped above a quarter of an hour in some warm water, and strained through a linnen cloth, for to know, and take out the bitterness of it; as they seeth, stir alwaies, lest your Marmalat do burn; you may know that it is sod when it is as in a Jelly, and sheweth less moistness; and when it is as it ought to be, take it off of the fire, and spread it with a Knife, the thickness of two half Crowns.

*How to make the compost of Pears.*

Take what Pears you will, so they be good, pare them, and take out the Cores, the hardness which is at the head of the Pear, and other superfluities, as of the Apples; if they are big, cut them into halves or quarters, if they are small, into three parts; then put them in a pan, with Water, Sugar, and some Cinnamon; when they are half sod, pour into them a glass of strong red

Wine, and keep them alwaies covered close, because it causeth them to become red; give them as much seething, or thereabouts, as you would give to the Syrup of other preserves.

*Another way.*

Bake some Pears in warm cinders, when they are baked, pare them, cut them into halves or quarters, according to their bigness, and take out the inside; make a Syrup with Sugar, and the juice of a Lemon, or the water of Orange-flowers; pour your Pears into this Syrup, and give them one boiling, then put them on a plate.

*How to make great Chesnuts after the Limosine.*

Seeth some of these great Chesnuts after the ordinary way, when they are sod, peel them, and in peeling them, flat them a little between your hands; set them on a plate, and take some Water, Sugar, and the juice of a Lemon, or water of Orange-flowers, make a Syrup with it; when it is made, pour it boiling upon your Marons, and serve them hot or cold.

*Another way.*

If you will blanch them, take the white of an Egg, and some water of Orange-flowers, beat them together, dip your Chesnuts in it, and put them in a dish with some powder of Sugar; roul them until they be covered with it, then dry them near the fire.

*How to make the compest of Lemon.*

Make a Jelly of Apples, and seeth it; after it is sod, take a big Lemon, pare it very thick, and near the juice, cut it in two, and in length, and divide these two parts into many slices, take  
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out the seed, and throw these slices into your Jelly; give it ten or twelve boilings, so that your Jelly may have its first seething; take it off of the fire, and let it become half cold; fill a plate with Lemon-slices, and cover them with your Jelly.

*How to make Lemon-paste.*

Take some Sugar in powder, and some whites of Eggs; with a little of the grating of the substance of the Lemon, stamp all together in a mortar, and if perchance there were too many Eggs, put in some flower of Sugar, so with stamping you may bring what is in your mortar into a paste fit to be wrought; work it after the ordinary manner; and your cakes as you will, after the thickness of half a finger, or less if you will. Bake them upon paper in the Oven; or in a Tourt-pan, with fire above and under, with mediocritie. Have a care that they become not yellow, and as soon as you do perceive that they begin to take that colour, take them out, for they are enough.

*How to make Savoy Bisket.*

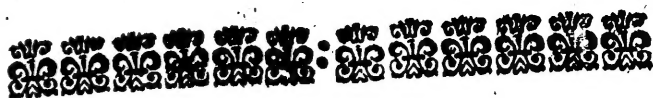
Take six yolks, and eight whites of Eggs, with one pound of Sugar in powder, three quarters of a pound of good Flower made of good Wheat, and some Aniseed, beat all well together, and boil it; make a paste neither too soft nor too hard; if it is too soft, you may mix it with some Flower of Sugar, for to stiffen it; when it is well proportioned, put it into Moulds of white Tinne made for the purpose; and then bake them half in the Oven; when

when they are half baked, take them out, and moisten them at the top with the yolks of Eggs; after that, put them in the Oven again, to make an end of baking; when they are so baked that they are not too much burned, nor too soft, take them out, and set them in a place which is neither too cool, nor too dry.

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F I N I S.

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## A Table of Viands, which are to be had, and are usually served at divers seasons of the year.

From Easter to Midfomer.

C Ram'd Pullet's  
Turkies of that  
year

Green Geese.

Lambs.

Dove-house Pidgeons or  
Culvers

Leverets

Young wild Boars

Partridges

Pheasants

Small Birds

Young Rabbits

From Midfomer  
to October.

Young Partridges

Young Culvers

Young Turtle Doves

Young Pheasants

Young Quails

Leverets

Wild Boars

Turkies

Caponets

Dove-house Pidgeons

Corn-fed Pullet's

Sea Hens

Fat green Geese

Railers

Small Birds

Young wild Ducks

Fawns

Kidds

Snipes

From the first of  
October to Lent

Fat Capons

Fat Pullet

Spayed



*Spayed Pullet of  
Normandie  
Capons  
Fat Hens to boil  
Turkie Hens  
Turkie Cocks  
Lambs  
Leverets  
Partridges  
Woodcocks  
Wood Quests  
Plovers Sarcelles  
Rouges  
Wood Pheasants  
Water Fowl  
Wood Hen.*

*Snipes  
Fieldfares  
Thrushes  
Pullets  
Curlues  
Dove house Pidgeons  
Fat Quails  
Combs  
Givars  
Fat powdered Geese  
Larks  
Ducks  
Sucking Piggs  
Water Hens  
Hernes  
Sea Swallows.*

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F I N I S.